



WATER-CURE



JOURNAL

AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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General Articles.

HERE Contributors present their own Opinions, and are alone responsible for them. We do not indorse all we print, but desire our readers to "PROVE ALL THINGS," and "HOLD FAST THE GOOD."

End of Volume XXVI.

VALEDICTORY.

THE present number closes the labors of the WATER-CURE JOURNAL for the year 1858. We have fought the good fight. We have kept the faith. But our race is not run. Our work is not finished. We must therefore commence a new volume with the commencement of the new year.

A dozen years ago we indulged the expectation that before we were called upon to go to "that bourne from whence no traveler returns," the majority of the people of the United States would understand the simple yet sublime truth, that health depends on the observance of a few natural conditions almost wholly within their control. Though the darling dream of our inmost being is not yet realized, we have

not relinquished the hope of its accomplishment. Be this as it may, truth is just as true as it ever was, and our plain duty is to labor faithfully to the end.

We are well aware that, in the world's history, it has taken generations, and centuries, and sometimes many long ages, to disabuse the public mind of a single prejudice, dispossess it of a fundamental error, and establish, in its stead, a new and true principle. Some of the propositions announced by the great Physician of man's spiritual nature, eighteen hundred years ago, are not yet fully comprehended even by the most intelligent among men. It may require an age, or a hundred ages, for people fully to receive the doctrine that those agencies or materials which best support life will best cure disease—a truth whose practical application is destined, sooner or later, to rid the world of disease, drugs, doctors, and unnatural death.

Scattered all over the civilized world are here and there individuals and families—making thousands in all—who, by studying and regarding our teachings, have realized an almost entire immunity from disease, and for whom doctors and drug-shops might as well have no existence. The same influences would produce the same results with all. The circulation of our books and periodicals, of which the pioneer is the WATER-CURE JOURNAL, has achieved this beneficent result. Its universal diffusion among the people, were this practicable, would, in a very few years, revolutionize the sanitary condition of the country—make health the rule and disease the exception—among all classes and conditions of our people.

Is not this object worth laboring for?

Is there any person who can not do something toward this end? Can not a majority of our present subscribers do much? We can propose a plan which will accomplish the great work we have in view before another dozen years pass away: let each of our present patrons get another subscriber, or a club of several; let each of the new subscribers do the same, and so on—our circulation would then increase in a kind of geometrical progression, and before another generation is on the stage of action, the greatest curse of civilization, and the greatest obstacle to human progress, will be removed. What a glorious prospect for our children and grandchildren!

RATIONAL HYDROPATHY—No. III.

BY A. J. COMPTON, M.D.

Doctor. "I spoke, yesterday, of a power upon which we, as true physicians, rely mainly for the cure of the sick, and promised you an explanation of it this morning."

Dyspeptic. "Yes, doctor, I'm anxious to learn all about this idea of curing folks without allopathy medicine; for I'll be monstrous thankful if I can only get rid of this terrible feeling about my head and stomach, and this weakness of my legs, and!"

Dr. "I knew you do, sir, and I shall be happy if I can aid you at all in this respect. This is a part of our mission, to educate, and as your faith is, so will your works be; and to have faith, you and all the sick must have something upon which to predicate it, ere you will put forth the endeavors to get well, as you must if you remain with us, for, as 'rational hydropaths,' we lay just as much stress upon the necessity of exercise, as a remedial agent, as we do concerning the use of water.

"As I said yesterday, we use pure, soft water, air, exercise, and a rigidly pure, unstimulating diet, etc., as conditions of cure; yet without a

sufficient quantity of 'organic power' to establish a successful reaction, and the hearty and complete co-operation of the will of the person, we can not vouchsafe a cure in any case.

"The organic power is the agent in the hands of the will (so to speak) of the individual, which is to use these conditions for the redemption of the economy. So we measure all our opinions of success by the quantity of this power, and safely affirm that if there be a sufficiency of this, and we can surround the patient with the above conditions, he must get well, in the process of time, sooner or later, as the case may be; for the conditions of health must beget health, where the power exists to use them. There is not a principle in philosophy more sound than this, yet we can rarely get the people to perceive it, such is the bias of early education and established prejudices."

Dys. "Very well, Doctor; but what is this organic power?"

Dr. "I can only say that it is the principle implanted within every organized structure that enables it to resist all impressions deleterious to its existence, and by which, also, it is enabled to use the means adapted to perpetuate this existence to the fulfillment of its proper destiny. It is by this we 'live, move, and have our being;' by some it is named 'vital principle,' '*vis medicatrix nature*;' by others, the 'spiritual principle;' by some it is thought to be separate and distinct from the material form, and by others only as the result of material organization.

"Some hydropathists use water as a drug, imputing all the agency to the water; but such are only following in the beaten paths of drug-vendors, and they can not be successful, because they are ignorant of the true philosophy of cure; their drug does the work in some mysterious way; they pay no attention to the 'organic force,' and they mistake the aroused action of this power for the action of their remedy; and thus the fallacy is perpetuated; there are many such among us, and they are doing more to destroy Hydropathy than all its professed enemies."

Dys. "Very well; but after all, don't you rely more upon water as a condition than any other single item?"

Dr. "No, sir: to be true to our principles, we can not. I know that the processes of bathing are made the most of in any establishments, as if drenching a man's skin continually constituted the scientific idea of 'Water-Cure.'

"Two thirds of our diseases, at least, arise primarily from a disordered digestive apparatus, and all the water in creation will not cure them without the more necessary addition of the most careful, rigid diet; the irritation in the organic viscera must be removed by the absolute prohibition of all drugs, and stimulating food and drink, and sometimes of all food for the time being, as all our external bathing, to restore the capillary circulation, will end in a failure, and the patient will die on our hands; and herein lies one of our greatest obstacles: the advice of the M.D.'s, and the proclivity of the people, is to stimulate, *stimulate, stimulate*. So long has this been the case, that this principle of stimulation has become the very touchstone of American character; it is our meat, our drink, our all. Take this prop from under us, and we land at once among the blue-

devils away down, down, till our former brilliancy of thought and action is totally lost amid the profound darkness and utter helplessness that follow. Do not start, my dear sir, when I tell you that in the stomach of the American of this age is enthroned his God—one who requires the most abject obedience, and who always receives such homage, even though the deluded worshiper dies by virtue of such homage; you yourself are a living proof of my declaration. On no other point is the American so sensitive as this: for it he will brave every danger and defy all law, and we receive but kicks and cuffs when we tell him that he in this respect is a *heathen*, and unless *saved*, must be *lost*; but though you have the force artistic of a Raphael or an Angelo to depict the horrors of the regions of infernality, with its gloomy darkness and despair on the one hand, and inscribe there 'total gratification,' and on the other heaven, with all its glories and joys resplendent, its purity and bliss, with 'moderate abstinence' upon it, yet, regardless of your tears, entreaties, or promises, he oftentimes turns and makes the fearful plunge, so firmly is the worship of the god of appetite secured.

"But I discover that our time is up. To-morrow I may see you again and resume the subject."

"GRANVILLE WATER-CURE," OHIO.

CHRISTIANITY AND THE HEALTH REFORMATION.

A DISCOURSE

DELIVERED ON SUNDAY, OCT. 17, BY
JAMES C. JACKSON, M.D.,

At the opening of the Water-Cure in Dansville, N. Y.

TEXT—Romans xii. 1—"I beseech you, brethren, by the mercies of God, that you present your *bodies* as a living sacrifice, holy and acceptable unto God, which is your reasonable service."

PAUL, of all the Apostles, had the logical faculty—that power by which one traces cause to effect—the most thoroughly developed. This, when united, as in his case it was, with great spirituality, gave large power to comprehend the higher order of truths so valuable for the Christian to know, and gave to him high position not only as a *reasoner*, but as a man of *faith*. Evidently this Apostle was endowed with double vision. He perceived intellectually, he saw from his *heart*.

Among the instructions sought to be administered by him was that of explaining how and by what means a Human Soul could secure in the easiest, most natural, and most legitimate manner the in-flow of the Divine Spirit. In doing this, he had to calculate the obstacles in the way, and of them all, as far as he has left on record any evidence of his opinion, he places first and foremost a *deformed bodily organization*. In reading his Epistles, one is forcibly struck with the stress laid on this matter. Evidently, he thought the habits and appetites, the passions and tastes of the Christian converts their greatest hindrances to growth in grace, and so he took it on himself as a special labor to inculcate great simplicity of life. How they should train their *bodies*, whether in simplicity unto holiness, or by indulgence to their great disgrace, was a matter of immense importance in *his* esteem. So, to the Romans, the

Corinthians, the Colossians, the Ephesians, the Galatians, the Philippians he enjoins great *care*, lest by means of the *flesh* their spirituality should become enfeebled, and their perception of divine things weakened. He saw by far the greater share of the wickedness of the Heathen Peoples to have its resting-place in their physical conditions, that in the supremacy of lust over love, of passion over judgment, of appetite over true sense, were to be ascribed the exceedingly low morality which marked them, and that, when by the visitations of the Holy Spirit they had become aroused to a consciousness of their state, and to a desire to become better, it was essential that they should distinctly and clearly perceive from what quarter they were the most likely to be assaulted and overcome. Very little strength of logic or of law, very few appeals did he put forth, to guard them against the worn-out and well-nigh effete philosophies so common in their schools. Christianity, by its freshness and its novelty, was more than a match for them all, but he was not so certain as to its unaided and unassisted strength to put to flight physical habits of long duration, and whose sway from their childhood upward had, till Christ came to them, never been disturbed. And he was *right*. As an Apostle he was right—as a man tracing cause to effect he was right. He saw that, unless by means of their conversion, they were led to relate themselves differently to all of life that dwells within the *bodily* frame, so as to become disgusted with their former gluttony and intemperance and gross debaucheries, the natural and inevitable effect would be, that these should *react* on their spirituality, and thus their growth in goodness and purity be nipped at their budding. He was on the alert, therefore. He forbade their making the members of Christ the members of a harlot. He insisted that in becoming Christians they transferred their ownership to Jesus, who bought them with a price, and that their bodies were *not their own*. He affirmed that the bodies of Christians were the *temples* of God; he warned against *fleshly* lusts, which *war against* the soul; he told them that the law in *his* members was in opposition to the law of his mind, and tended to bring him into captivity to the law of sin and death. He stated to them by way of encouragement, as well as by way of warning, that *he* had to keep his body *under*, lest otherwise he should himself be a cast-away. He told them that the flesh striveth against the spirit, and that it is so opposed to the supremacy of the spirit, that it can not discern spiritual things, nor can it please God.

Now, can one tell why this sagacious and far-sighted man said these things, except for the good and clear reason, that those to whom he said them were in danger of making shipwreck of their faith in Christ, from their strong liking to physical gratifications? I can not, and I therefore long since concluded that in any revival of religion, or great outpouring of God's spirit on a neighborhood or community, the first work of importance to be done after a profession of religion is made by any one, is not instructing him in some mysterious doctrines or making him an adept at defending a *creed*, but it is to take his habits and practices, his dress and address in hand, and *bring them into conformity with the simplicity of the Gospel*. Christ will have his

disciples as separate in their appetites—the things they like to eat and drink—in their tastes—the fashions they adopt and the styles they approve—in their habits—the general bearing they show, and the way in which they relate themselves to external life—as He will have them singular in their principles. The life of a Christian, to be acceptable to his Master, must be the natural offshoot of the ideas he entertains and the feelings he cherishes; and while by God's grace he is called unto *liberty*, he is to see to it that his liberty does not give occasion to the flesh.

In this—present—age Christianity needs no helper so much as an association to teach the masses of our people to live *simply*. For want of knowledge on their part how to live in health, the Gospel is in our land practically a dead letter. Its great inherent capabilities are buried and unappreciated. We have abundant religious privileges, but we do not prize them. Nominally we give them our assent and blessing, but over us they hold no more power than any beautiful attraction whose merits we do not understand. The lives of us all, with few exceptions, are dishonorable commentaries on our beliefs, and were they ever near enough together by any act of ours to have it said of them that they are in juxtaposition, we should be ashamed, as Christians, at the contrast between our *theory* of life and its *ACTUAL*.

Considered from this view, we are prepared to estimate the *HEALTH Movement*, now rising clearly above the horizon, and destined at no distant day to command the attention of the earnest and devout portion of the nation. For years it has been laughed at, sneered at, despised, and covered with contempt. The fashionable have made it their butt, the godless have hooted at it from the purlieus of the dram-shop. Even sensible and well-bred people have laughed at it, and professing Christians have not discerned in it a harbinger of a pure Gospel. However, by the fidelity of its advocates, and the blessing of the Most High, it has passed the period of weakness and fear, and the cry that we who plead for it with all our might are Atheists, Heretics, Infidels, Quacks, has ceased to alarm the conservative. The newest epithet of opprobrium applied to us that we are *Free-lovers*. This is a cunning invention, but it will not work, for the best of all reasons, that it is *manifestly untrue*. It is lost labor to tell a lie which is transparent. The instincts of the people are not always quick, but dull as they are, they are never so dead as to accept a barefaced imposture for a great fact. The Health Reformers of the United States—by far the larger share of them—are Christians in good and regular standing with the churches in this country, are connected with said churches by membership, and differ in their theological tenets widely. True, they are progressive in philosophy, are generally believers in Phrenology as a mental science, and in Water-Cure or Hygeio-therapeutics as a philosophy of Health. But they do not think that these beliefs have any effect on their Christian faith, except to deepen their love for it, and lead them to understand it more clearly than ever before they could. Thus, they stand as Reformers related to the great question of FAITH, philosophically considered. As regards their practical lives, it is well known that they are very far in advance of any like number of persons in

their freedom from all degrading and depraving habits, that they live on simple food, drink less exceptionable beverage—their drink being only water, always preferring *soft* water, if it can be had—clothe themselves in better apparel, that is, that which is more healthful—have *better domestic* habits, live in their families more amiably, with less jar, discord, dislike, animosity, and disaffection—have better health—thus having at command whatever of bodily or mental or spiritual strength they possess, have their appetites and passions under better control, and in their business relations are marked by probity and strict sense of justice and right. As Christians, they seek to enthrone the Saviour not only in their consciousness, but in *their affections*, making Him their “law-giver” in the bed-chamber and the nursery, making Him “Counselor” in the mart of business and at their tables, their festivals—making Him their “Guide,” their way, their truth, their life, in their *social* as in their sacramental observances.

Now, it would be the most *unnatural* thing in the world that they should in all other respects deny to themselves *sensual* indulgence, in fact being patterns of personal and social propriety, and yet in the matter of the holiest of all emotions mistake a *low lust* for a *grand inspiration*. It is quite natural that they should thus be charged, for the devil gets into a great passion occasionally with Christ's servants, and forgets himself, and when he does he loses tact and makes a blunder. He has done so in his attempt to make the public think that Phrenology and Free-Love are philosophical synonyms, and that Water-Cure and Free-Love are one and the same. Let the miserable scandal pass to its repose in the sewer of dead filth. The Health Reformers have already lived it down.

In opening this Water-Cure, it is the deliberate intention of the proprietors and the physicians to consecrate it to Christ. Here, with their consent, shall no cunning skepticism find lodgment to poison the minds and morals of those in their charge. Here shall no habits nor practices be indulged, no tastes be cultured, nor philosophies advocated that are not in accordance with Christianity. We mean to ally Faith to Nature. We have a beautiful Home. Around us lie gathered to use those great Hygienic forces so potential to preserve life, and not less mighty to save it, and we mean to use them for the benefit of the invalids that may visit us. But strong as is our feeling that our method of treating THE SICK is altogether the most successful, as it is the most *rational*, we are not so thoughtless as to forego the use of an adjunct so powerful as confidence in God's goodness. We shall, as far as in us lies, unite the twain.

Recognizing natural agencies as our remedies, we shall unhesitatingly avow our belief that, within the *domain of curability*, the Deity stands, in all the majesty of his character, pledged to make these means, where properly applied, successful. Human beings have a right to take God at His word; and His laws are His utterances—they constitute His most significant speech.

The man whose organs of vision are perfect has God's word that if he will but open his eyes so that the light can penetrate them, he *shall see* that, if his lungs are sound and he will let the air

into them, that air shall aerate his blood; that, if his stomach is healthy, and he will put within its walls appropriate food, that food shall nutrify the body; and that, just as far as there exists between his living organism and external material agents (whose appropriation by it are needful to its healthy existence) a natural and recognized sympathy and connection, such person shall have *Health*. To be cured of any illness that is not incurable, one only needs to *use the needful means, believing in them*.

We then propose to enlist Christianity in our service by taking up its great element, *faith*, and allying it to *Nature*. The two have in all our professional labors stood us in good service. We have treated thousands of the sick on this principle, and succeeded after other means *had failed*. No physician in this cure has ever given a dose of *poison*. We do not believe in poisons, except as substances whose natural, ordinary, legitimate, and established effect is to *kill*. We therefore never give them to *save life*. They are not included in our list of remedies. We can not bring *faith* to their aid. Our remedies are those agents or elements, those articles or materials, those things or substances whose natural, ordinary, and legitimate effect is to *preserve* life. In these we have *faith*—just such faith as God had in them when He made them, and gave them their peculiar adaptation to the wants of the human body.

Of these, we hold in high esteem air, such as we can breathe on this hill-side; light, that comes streaming down from the sun; food, such as the earth gives for the service of man; exercise, which God has imposed upon every human being who would have good health; rest and sleep for the weary and worn; and good, soft water, where use and effect on morbid conditions of the body are of the greatest value. With these, we would unite social and religious privileges, such as this community can give; and with quiet of mind, and proper subordination of the passions, you have Our *Materia Medica*.

Believing, with Paul, that physical habits are among the great predisposing forces not only, but are chief among the exciting causes to *depravity*, we shall do all we can to overcome bad and institute good habits. Very few persons know how to live simply and properly. They are ignorant of the means to preserve health and avoid sickness. They suppose that sickness is inevitable in the nature of things, whereas it is only inevitable in the circumstances of the case. While human beings eat unhealthy food and drink stimulating drinks; while they chew and smoke narcotic drugs; while they dress in violation of the laws of health, and work till exhaustion results; while sleep is not given to the eyes nor slumber to the eyelids, by reason of mental application; while strife, and competition, and antagonism, and rivalry, and jealousy, and hate are at work in human breasts, it is their doom to be sick or to be predisposed to sickness. Health, in its highest and truest sense, is that condition of existence wherein all the faculties of a human creature are in harmony, not where they are at *war*. Constitutionally considered, the body and spirit are not at odds, but in fellowship—he, therefore, is his worst foe who institutes habits of body that deprave his soul, and to all such habits we are opposed. A very important part of our work as conductors

of a Public Institution, is to teach those who are uninformed how to live so as to enjoy uniform good health. In our past nothing rises up before us so fraught with pleasure as the knowledge we have been able to impart in respect of the laws of life and health. In beginning a new and fresh life here, where our hands and heads are free, we shall not fail to *work* for the progress of true ideas on the subject of the preservation of health and the prevention of disease. We like that part of our profession which involves us in efforts to *cure* the sick. We are *all of us* glad to minister to those who seek our counsel and assistance, and we mean that our future shall be so illuminated by efforts on behalf of our patients as to win for us the Divine approval. But whatever might become of us personally, we would gladly spend and be spent in ushering in that good time when health should be the habitual condition of our people, and disease should be unknown to myriads of men. Then would Christianity have free course to run and be glorified. Instead of having to deal, as she does now, with human beings full of vile liquors and poisoned meats, drugged to half craziness with narcotic beverages, condiments, and medicines, instead of having to impress her sublime ideas and holy impulses on persons whose habits and manners are but reflections of an almost pure animalism, she would have human beings in natural conditions, of whom it might be said, without exaggeration, that they were able to *perceive* the truth, and understand that it came forth from God.

One of the highest achievements that a human soul can make is to get itself into bodily relations to *RECEIVE truth*—a state of preparativeness, wherein all the powers shall together await her coming, and look forward to the hour when she shall make her descent and fill the man *full*; when ordinary life shall be supplied with extraordinary means of living, and the heart shall quicken its pulsations under the pressure of the knowledge and the love that shall flow through it like a river.

Now, while nothing is more certain than that Divine wisdom may be ours in the matter of keeping our *health*, as well and as truly as it may be ours in all that pertains to spiritual things, it is incontrovertibly true that its presence is predicable only of that state of mind which prompts us earnestly to seek to glorify God in our *bodies*. How can he who *lives to eat*, whose *belly* is his god, who pays his devotions only at *feasts*, whose appetite is insatiate and despotic in its sway, how can he expect a hope to be the recipient of wisdom from *Above*? The streams that feed his life come from *Below*. They rise from sulphurous strata, they smell of the *pit*. It matters not that he has great gifts, splendid endowments, transcendent powers, admirable genius, the brighter his original luster the deeper his tarnish when he gives himself up to bodily appetite and indulgences that *rule* him. These become his tormentors. They are ever present with him to subdue him, enslave him, ruin him, and they do their work with terrible surety. Gradually his relations to the Divine are broken up, and he becomes by consanguinity related to THE FOUL and the UNHOLY. The *Man* in him dies. The *Human* in him perishes. He becomes dead in *trespasses* and sins, and shall never again have a resurrection till

God's spirit shall first convince him of Righteousness, Temperance, and a Judgment to come. How many there are in this state, out of whom the *Human* has passed, and in whom the *Inhuman* alone dwells! They are arrogant, proud, *intensely selfish*. Their bosoms are full of *vultures* in the shape of horrible passions, which prey on their lives constantly. The *works of the flesh*, which Paul so vividly describes, are seen in them, and unless some means are set at work to bring Christianity in her purity to change their habits of *body*, it is useless, it is idle to look for their change of Heart.

As Health Reformers, we see our work before us. A great work, truly, it is. Are we equal to it? Can we rise to the dignity of it? Will we *consent* to be *prepared* for it? Will we be baptized *into* it? Before we are qualified to meet the *deviltries of common life*, something like a baptism of the spirit must be had, for we have to meet Depravity in his strongest hold—the *Physical* of man. Crime is all around us—vice on every side. Immorality walks forth without blushing; Drunkenness and Intemperance are in our streets, and dwell on our hearthstones. Attendant on them all is Sickness, immediately behind her is Death, just within his shadow is the Grave, and beyond—God knows what is *there*.

The year 1858 will soon cease. Who of us has done what he could to carry light and truth on the subject of Health to those who are ignorant? For myself I say that I have wrought hard and steadily, and I have been successful. The sick who have sought relief at my hands have failed only in few instances to obtain what they sought. The readers of the WATER-CURE JOURNAL and the *Letter Box* have heard my voice and that of Dr. Austin's urging them to higher endeavors to live rationally, and so healthfully, and I bless God that our labors have not been in vain. But it is not what *has been* done that should form the staple of a true Christian Reformer's task—it is what *there is* to be done. This I see plainly, and but for my confidence in Him whom I trust, that so far as I have to aid and so much as I have to do, His strength shall be my strength, His wisdom shall be my wisdom, and my success shall inure to His glory, I should lack the nerve to go on. As it is, I go to my work cheerily.

Voices are all around me,
Speaking words of cheer;
They come from those who dwell in light,
And therefore know no fear.

They say the true man ever stands
Girded for heavy fight—
Guarded by strong but unseen hands,
Who watch him day and night;
So I will trust that God will guide
Me ever in the right.

DISEASES OF ANIMALS, AND THEIR CURE.*

Throw physic to the dogs.—Shakespeare.

"Throw physic to the dogs," if you will, but, be assured, they are quadrupeds of too much good sense to swallow it; and the other domestic animals will hardly take, except under compulsion,

* From "Domestic Animals;" a Pocket Manual of Cattle, Horse, and Sheep Husbandry. Published by Fowler and Wells. Price 3 cts. See advertisement.

what their canine companions and protectors thus reject. You will find less difficulty in forcing it down the throats of their more frequently diseased and oftener doctored masters.

A large portion of almost every work on domestic animals is taken up with directions for the treatment of their diseases. Our limits do not permit us to dwell long on this point, nor do we deem it necessary.

In their wild state, animals are ordinarily subject to few if any diseases. They live according to the laws of their being—live naturally and healthfully, and, unless they meet a violent death at the hands of man or of some of their natural enemies, die a natural death. Our domestic animals, as they are generally managed, live under conditions less favorable to health, and sometimes, although with comparative infrequency, get sick. The fault is generally in the keeper or breeder, and not in the animal or in the conditions inseparable from its domestic state. With animals, as with men, disease arises from some infringement of the organic laws; but their masters, and not themselves, are responsible for the infringement. When they get sick, however, in consequence of the false conditions under which they are forced to live, man adds insult to injury by forcing his nauseous and poisonous drugs down their reluctant throats. If they recover in spite of both the disease and the remedy, drugs get the credit.

Well, let those use drugs who have faith in them, either in the treatment of themselves, their families, or their domestic animals; but the reader who looks in this little manual for directions for their use will be disappointed. We can not conscientiously give them.

Animals born of well developed and perfectly healthy parents (and none but perfectly healthy and well developed animals should ever be permitted to become breeders) may almost universally be kept in perfect health. With a sufficient quantity of wholesome food, pure water, protection against storms and cold in winter, complete ventilation and perfect cleanliness in their habitations, and general attention to their comfort and health, there will be little call for medical treatment of any kind; and in the rare cases which may occur, we would trust mainly to Nature, co-operating with her as we could by means of diet, air, exercise, and water, on the same principles that are applied in the treatment of human beings without drugs.

The Water Cure or Hydropathic system has not yet been extensively applied to animals; but so far as it has been adopted, it has produced the most satisfactory results; and for the benefit of such of our readers as may have lost their faith in drugs, and desire to make a trial of a more rational method, we lay before them the following essay, kindly furnished for this work by that distinguished physician and writer, R. T. Trall, M.D., Principal of the New York Hygieo-Therapeutic College.

WATER-CURE FOR DOMESTIC ANIMALS.

BY R. T. TRALL, M.D.

The habits of domestic animals being, on the whole, less unphysiological than those of human beings, their diseases are, as a necessary consequence, less numerous and less complicated. They

may all be grouped under the heads of *fevers, inflammations, spasms or colics, fluxes, eruptions, and glandular affections*. And for all of these disorders we are satisfied that proper attention to hygiene, as understood by the term Hydropathy or Water-Treatment, is as much superior to drug medication as it has proved to be in the case of human beings similarly affected.

Fever is easily known by the languor and lassitude which the animal manifests, with great indisposition to exercise, followed by chills or shivering, and this succeeded by preternatural heat on the surface, loss of appetite, furred tongue, frequent or hard or bounding pulse, etc. The animal should be placed in a clean, quiet, well-ventilated room, protected from currents of cold air in winter or the scorching rays of the sun in summer, and the temperature should be kept at a uniform and moderate degree continually.

When the skin becomes very hot, it should be washed or bathed all over, and a blanket or two immediately applied, so as to promote moderate perspiration. Or the wet sheet may be applied, taking care to cover it well with blankets, so as to arrest chilliness. When the sheet becomes quite warm, it should be removed, and the surface washed with cold water; and if the fever heat continues, it may be re-applied for an hour at a time, two or three times a day, until the morbid heat is entirely subdued.

The same general plan of treatment, with a slight modification, applies to all inflammatory complaints. With domestic animals as with human beings, the organs most liable to acute inflammation are the lungs and the bowels, and the only specialty of treatment in these affections, in addition to the general plan applicable to the constitutional disturbance we call fever, is the continual application of wet cloths well covered with dry ones to the chest or bowels, as either is the seat of the inflammation, and the employment of copious enemata of tepid water to free the bowels.

Spasmodic diseases of all kinds, and all the varieties of colic, are the results of local obstruction caused by over-exertion, over heating, or something improper or indigestible in the food. Grain, and especially Indian meal, fed to a horse while in a state of great heat or great fatigue from violent exertion, is frequently the immediate cause of colic and spasms. In these cases the animal should have his abdomen fomented with wet cloths applied as warm as can be borne; warm water should be given the animal to drink, or poured down his throat from a bottle, and copious enemata of warm water should be administered.

Fluxes—as *diarrhea, dysentery, cholera, influenza, catarrh*, etc.—are the indications of a general obstruction of the system or impurity of the fluids, with an effort at depuration in a particular direction. The usual practice of checking the discharge suddenly by pungents, stimulants, and astringents is always injurious and generally dangerous. On the contrary, the action of the surface should be restored by bathing with friction or the dripping-sheet, and all irritating matters removed from the stomach and bowels by means of warm and tepid water, as in the case of colics. There will be no danger from the discharges if the cause is removed, and if it is not removed, the sudden suppression

of the evacuations may terminate in a worse inflammation or speedy death.

Affections of the skin and glands are only to be cured by purifying the whole mass of blood. To repel an eruption from the surface, or rather a glandular tumor, is not curing the animal; indeed, it is only changing an external disease to an internal one. Thus attention to a pure diet, to fresh air, and to clean apartments, each and all are essential to recovery.

LETTER No. 12.

From Harriet N. Austin

To—

DEAR BLANK—Have you read “*Delia's Doctors*”? I have just laid it down, and have found many excellent things in it. It belongs to that class of stories, many of which have been given to the public within the last few years, whose object is to inculcate truth, and the truth which this teaches is of a decidedly reformatory character. Among the happiest things about the book are the graphic descriptions and the naturalness of the home scenes which the author gives us. For instance, she has an excessively cold winter's day, in reading about which one can see the frost in the outer atmosphere, and involuntarily draws nearer the fire to escape the cold which seems pressing into the room on every side. Her Dr. Perry is a *fac-simile* of many a physician of the old school, with his sense of importance, his authoritativeness, and his contempt for, and irritability with, anything new in the way of medical practice. Her characters are not imaginary, but real; they are drawn from life, and not from the dim storehouse of the imagination.

Delia, who should have been the heroine of the story, but is not, is a very common, *unextraordinary* person, just such a one as you may find a score of any day. She is a sick girl—made so by unphysiological habits and a lack of purpose in life. I think we altogether under-estimate the influence of the latter in contributing to the ill health of young ladies. A listless, aimless life never can be a healthy one. No person can be long vigorous who has not *something to do* which demands vigorous, energetic effort. Now what have young ladies to *do*? Every young man in this country has come up from boyhood with the idea that he is to *do something* in life; he is to have some trade, some business, some profession, some work of some sort, in which the education and discipline he is getting all along are to be of practical value. But of what *use* is the *girl's* education to be? What motive has *she* to strive for excellence of attainment? A great many, to be sure, “may do housework,” go round that monotonous circle which a friend of mine very justly described as being the same yesterday, to-day, and through a lifetime. A goodly number choose the life of a school-teacher, from the love of it, but the compensation they receive is so meager, compared with that which men receive for the same labor, it seems almost degrading to engage in that occupation. The large majority of girls

have no thought of accomplishing anything—only a kind of indistinct expectation that after a while they shall get married, as a matter of course. If one has not sufficient ambition about whom she shall marry, or anxiety that the event shall not be too long deferred to call forth her energy, she has but little inducement for its exercise. No wonder that she grows inactive, feeble, ill.

Delia was sick because she had no *use* for health. She was like many other persons in real life, she saw nothing pleasant or beautiful to her in her surroundings. There was enough for others to enjoy, because others were well or happy; but she could always hunt up some trouble, which more than counterbalanced her comforts. And if there was no actual trouble in the present, she would live on the anticipation of it in the future. Oh, if men and women could but learn to make the most of their comforts, and the least of their discomforts, what a world of happiness would be gained! She was fretful, dissatisfied, wretched—not caring for life, and afraid to die. I imagine, my friend, that you know some young ladies just like this one.

But the real heroine of the book is a very remarkable and interesting character—remarkable, because of its rareness. She is a young woman of twenty-four, full of health, and strength, and energy; pleasant, joyous, self-sacrificing, talented, thoroughly educated, independent, and, withal, *self-made*. This picture is also true to life; for notwithstanding the lack of character which commonly attaches to woman, there are some of whom this one is a true representative; some who, in spite of all the disadvantages that oppress them, are strong, noble, true women. It would be strange if it were not so—strange if the dignity of human nature should not sometimes rise above circumstances, however cruel they may be. These are but types of what woman ought to be, what she may be, and what all good men long to see her.

But there was another remarkable thing about our heroine—she was *betrothed*. The mother of her affianced, who was not a very rare mother, had a little daughter who admired and resembled her brother's intended wife. Her mother used to say of her, “*Ellie* does not satisfy me; she is too masculine, too independent. She will never be married.” I heard a gentleman remark, the other day, in speaking of a young lady who is healthy, hardy, a daily worker out of doors, also intelligent and refined, and for whom he was expressing much admiration, “*But she will never be married, I think.*” Such are, actually, the common notions about what belongs to womanliness, that I say it is *remarkable* for one belonging to the class, truthfully, but in derision termed “strong-minded,” to be betrothed. Men do not want such women for wives; they are afraid of them. They prefer the delicate, dependent, drooping, interestingly pale creatures, who must be sustained, and to whom they can be as the oak to the ivy. They think it will be enchanting, each evening of their wedded life, to sit on the sofa, beside their darling one, supporting her fragile frame, or sitting by her couch to cool her fair but aching brow. In some cases this delusion has been dispelled. Men *have* had their energy, their courage, their ambition, their patience, their manliness, their love, wearied out of them by the sick-

* *Delia's Doctors*; or, a Glimpse Behind the Scenes. By Harriet Gardner Creamer. Fowler and Wells, Publishers. Price, post-paid, paper, 62 cents; cloth, 87 cents.

liness and feebleness of the beings whom they once thought it would be so beautiful to cherish and "take care of."

Other honorable ways for obtaining a livelihood, besides getting married, are now opening to women, and we may hope that mothers will become less desirous to see their daughters frail and dependent. I think I hear you asking, "But would you not have women marry?" Certainly I would, if they wish it; but I conceive that the most degrading condition in which they can be placed where they are *compelled* to marry for a living.

But I am making a long letter all about woman while there are many good things in the book at which I have not glanced. It is a capital book for a health-reformer to put into the hands of his neighbors to set them at thought. Still, I have some fault to find with it, which I will do in my next. Good-bye.

OUR HOME, DANVILLE, N. Y., Nov., 1858.

WATER-CURE IN THE FAMILY.

GUILFORD, 1858.

I SEND you this unpolished production to insert, if you think proper. I feel to complain, yes, complain of a serious inconvenience felt by those who are termed "Water-Cure folks." I allude to the female "help" which we are compelled to employ in times of need, here in the country, knowing far more of the state of our health and the remedies necessary, than we can possibly admit. And this "wall of ignorance" is perfectly impregnable. At the recent confinement of my wife I was determined to employ no "doctor," and allow no bandaging, slopping, or dosing, having learned a better way from your publications. And now mark the result. My wife suffered but very little at parturition, and the next morning was in the kitchen, able to oversee her domestic affairs. The child was washed, and dressed without a bandage, which perfectly horrified the nurse, who declared she would not "raise her hand to touch the baby" if we were going to "carry sail in this way," and stating some cases of rupture she had known, though she admitted they had been thoroughly bandaged. But we had confidence in our "notions," and mildly told the nurse we would try our way this time; and now at the end of eighteen days we have dispensed with her services, though my wife has a dairy to tax her strength in addition to the cares of the family. The child has grown finely, is a picture of health, has not had a single dose of any kind of medicine or herb tea, though constantly cautioned by our worthy neighbors who said we would "see by-and-by how we should come out."

We have now a family of five children, and since we have adopted a mode of living in accordance with the principles laid down in the "Encyclopedia," we have had no occasion to call an allopath to any of our family, and we enjoy incomparably better health than we ever did before. We therefore count the opposition of friends, the misrepresentation of nurses, and the sneers of allopaths as "light afflictions," compared with the benefits we have received. And what is better still, we can see that the heaven is beginning to work in the neighborhood around us, and in spite of allopathic learning and dignity, we see occasional short flights taken into the region of thought; and when the new-fledged advocates of Hydropathy shall learn the strength of their own wings and the powers of their own resources, we confidently hope they will soar to such a height, that the greedy "doctor" will reach to pluck their feathers in vain. R. C. NORTON.

MY SATCHEL.

BY H. H. HOME.

CHAPTER XIII.—THE TWIN CHILDREN.

THE Governor went his way westward. At that time westward was considered "*the valley of the Genesee*." Beyond it very few people had made their way. True, Buffalo existed, and the forts in that region, but what we now call *the West* had no existence in the minds of the common people. Many were the people in New England who at that day mourned the departure of their children for *THE VALLEY OF THE GENESSEE*, as we do now-a-days our children who go to the valley of the Sacramento or the mines of Australia. The Governor went westward, and, on his way back, called on "Peggy," and saw the children. He knew them to be "the babes" of whom he was in search, and his heart again blessed Peggy for the motherly care she had showed them. How beautifully Nature and grace combined show in a human being! This woman of naturally strong powers, untouched by the love of Christ, would have made a splendid barbarian, marked by all the love of barbaric splendor which that plan of development in Human Nature inevitably puts forth, and most likely would have been stained by its cruelties. But as it was, she was gentle as a lamb, and delicate as a sensitive plant, and undoubtedly had trained these children better than any other person in that town could have done. The Governor knew this, and, like a man of sense, he made up his mind that they should remain under her care. He was a man of good sense. He acted from his point of judgment and for the children's good. Many persons in his condition would have acted from a point of prejudice. They would have spent a thousand dollars to have broken up the children's indentures, rather than that they should have remained bound till of age to a negro woman. We of *THE NORTH* have a great love of liberty, but in most instances it is only *skin deep*. We have sacraments to Liberty, odes to Liberty, orations to Liberty, ovations to Liberty, *fêtes* to Liberty, and debauches to Liberty; but it may be questioned, after all, in the light of our *life*, whether we have any better appreciation of it than people who do not make so much *ado* about it. One thing is certain, that we have not as yet reached, here at *the North*, that elevation of character as a *people* which will permit us to judge of things on their merits. Outside issues affect us, partialities influence us, sectional animosities guide us, clannishness controls us, and in various ways we cheat ourselves out of much that is beautiful and true in our growth. It was very fortunate for the children that the Governor was ahead of his age, else, as I have said above, he would have fallen a victim to his prejudices, and gone to law to get possession of the children. As he was, he left them, wrote a letter to his wife, went West, and came back to see them.

It was a beautiful morning when he entered the town of —. He had rode all night, and as the driver blew his horn to announce his approach, the sun lifted his head over the tree tops that skirted the summit of the village hills. The Governor was a little chilly, and as the stage drove up to the door—the landlord was not up—only the bar-

tender made his appearance—he got out, and seeing that his baggage was safely landed, he started on a walk. As he turned round the corner of the street on which Peggy's house was situate, he saw Charlie and Annie just coming out of the gate for their morning walk, and *this* time he was determined to walk *with* them. So he waited till they came along, and, as they were about to pass, he accosted them with—

"Good morning, children. Are you for a walk?"

"Yes, sir," Charlie replied.

"May I walk with you? I am a stranger, and would like to look about the village a little. Will you escort me?"

"Yes, sir, we will," said Annie. "Charlie, let us take the gentleman to the Sulphur Spring—you know the story about it."

"What is the story, my child?" the Governor inquired.

"Oh, sir! this, that when a full-grown man drinks of the water before seven o'clock, it makes him

"Healthy, wealthy, and wise."

"Ah! ha! then by all means let us go; for while I have no special need of better health, nor of more *wealth than I have at present*, I shall never be able to say this of the wisdom which I may possess—that I need no more. One can not well be *too wise*."

They walked down by the engine house, and by the hay-scales, by the gunsmith's shop, at which Charlie stopped to admire a fine smooth-bore rifle, whose stock was elaborately laid in with silver and mother-of-pearl, and whose beauty made him exclaim,

"Oh, Annie! look at this gun. If I live to be a man, I will spend my first money to buy *me* a gun. You see if I do not."

"What?" exclaimed the Governor, "your first earnings for a gun! What will you do with the gun when you get it?"

"Kill wolves, bears, panthers, deer, eagles, foxes, wild cats, and get the bounty on them; take the money, and buy me a *law library*."

"A law library!"

"Yes, sir. I am, if I live, to be a lawyer—so Mother Peggy says. She tells me that there is no profession like it. She says that to be a doctor is well enough, to be a minister is to be *good*, but to be a lawyer, a thorough lawyer, is to be *great*. She says that doctors cure *the sick*, the ministers preach the gospel and try to do good, but they do not do much, because the people are so stingy in paying them. She thinks that it is not well calculated to help a man in any *work* he may have to do to make him labor for wages which is not up to the mark of his ability to earn. She says that people who employ lawyers pay them well; that this stimulates them to study, and look up all the points of the case, and that practice gives them polish, and good manners, and influence, and these make them great. She says that law books are costly, and that to get a library it will take a great deal of money; so I am going to buy me a gun, and shoot beasts of prey, get a *bounty* on them, sell their skins, and get money to buy me books."

"Do you know how to tan skins—*i. e.*, cure them?"

"Yes, sir, I know as far as Mother Peggy has

taught me. She says 'that the best way is to stretch them on the side of a barn or shed, and wash them off daily in alum-water. This will shrivel up the loose flesh and meat that is on them, and make them peel off, and dry the flesh side, and make it white and clean. Then take them down and lay them away; they are fit for market. The process for curing them *soft* is a little different, but essentially the same.'

"Halloa!" said the Governor, "here we are! And this is your famous spring that cures a man of evil if he drinks it before seven o'clock in the morning, eh? Wonder what time it is now?"

"It is not seven yet, sir, because the bell has not yet rung," Annie said.

"Very well, then, I will take a cup, and so get wisdom;" and the Governor drank, and made up a horribly contorted face, so much so that Annie had a hearty laugh at his expense, and cunningly inquired "if he did not think he had *gained wisdom*?"

He looked down on her demurely, and smiled himself—it was all he could do just then—and said he thought he had. He felt that one glass of such *stuff* would make a *foolish man wise*.

They "turned their heads homeward," and the Governor stopped at the hotel, and the children went home, delighted with their walk, and told Peggy that they had such a pleasant walk with so pleasant a gentleman.

Peggy coned the matter over, and concluded that the gentleman must be the hotel keeper's hired girl's *live* Governor, and she looked for him to call and see her, but he came not. Having had his chat with the children, and *re-satisfied* himself that they were the children he was in search for, he took the afternoon stage eastward, and went home.

CHAPTER XIV.—DYING.

JOSEPH ADDISON, it is said, called in a noble friend of his "to see how a *Christian could die*." Will the reader of my narrative accompany me to Peggy's home? Years have elapsed since we were there, and the scene has changed. Peggy's iron frame has come to feebleness, and her body has attenuated to skeleton thinness, and she lies on a couch, suffering intensely but patiently. She is dying from cancer of the stomach. An organization like hers withstands functional derangements with great force, but organic lesions it has to yield to sooner or later. The children had grown toward man and womanhood. Charlie—now called "Charles"—and Annie—now called "Miss Anne"—were with her, and the Governor, now an elderly man, with his wife, were in the room.

Peggy signified that she wished to talk with the children, and the ex-Governor and his wife said they would retire. But Peggy said *no*—she should feel better if they were present, for what she had to say to her children was of such a nature that it was hoped by her that it might be permanent in its influence on them. She asked them to come to the bed, and they did so, one on each side, and she took their hands in hers, and said,

"My children, you know I am not your natural mother. I am your mother by my own choice. You were orphans, without a friend in the world that I know. I closed the eyes of her who gave

you birth, and promised her that while I could earn your bread and clothing you should never want. I resisted all attempts to have you sent to that most infamous of all our public institutions, THE POOR HOUSE, and, instead, took you to my house, poor as I was, and you have been my children. With little or no knowledge derivable from books, I have succeeded in rearing you to your present growth, and have not failed to give you good instruction. I wish to place my testimony on record, that always you have been to me good and obedient children; that during your lives I have *never* known you to fail in respect to me, nor in kind regard and love for each other. You have thus aided me much in illustrating my principles, for the uniform good conduct you have shown has aided much in making the community feel that, though of negro blood, I was not deficient in qualities that fit for governing, and that I might be trusted to train you in your earlier years. For all this ready obedience to my requests I thank you, and shall feel that in passing away I am not to leave behind my children with wayward passions and weak principles. I am sure you will go right, for I have, during your whole lives, wrapped Righteousness like a girdle about your loins.

"I wish you not to forget my advice to you in regard to becoming Christians. It rests with you to be or not to be Christians. There is springing up among us a mild, seductive, cunning form of skepticism. Its chief merit is in its negativeness. Now have nothing to do with this. Jesus Christ is as much alive *to-day* as ever, and He can help you just as much as ever. 'Trust in the Lord and do good, and verily you shall dwell in the land, and you shall be fed.'

"I leave you all I have acquired. Besides supporting us all, I have this little house and fifteen hundred dollars. This is in cash, in a bank. I have calculated that it will carry Charles through college, and give you, Annie, a couple of years' schooling, and then you—keeping together—can take care of yourselves. You need not be afraid of poverty. With us it is not a crime, nor even a misdemeanor, to be *poor*. It is often inconvenient; but I have been told by persons who are *rich* that wealth also has its brown or russet side, instead of a brilliant side only.

"I feel quite sure that, when I am dead, you will find those who will assist you for the *asking*; but I would advise you to resist all offers that shall turn you from the plan I have marked out. I think, in a land like ours, work is an essential element of well-developed man or womanhood. I do not believe that a person can by any means arrive at so good a state of body, mind, or heart, who does not *work*—i. e., who does not have daily some *manual labor*, as he could to have it. You may become learned, refined, polished, rich, high in standing, and powerful in influence; but by all means *keep on good terms with your muscles*. They hold quite intimate connection with your brain, and by no means a remote relation to your *hearts*. I have seen men quite dull intellectually from want of labor, and have not failed to discover want of *moral* perception in those who forswore allegiance to their *hands*.

"So, my dear children, do not abjure *labor*. It is a great mistake that labor holds connections to human existence which are unfavorable to its

higher growth. Labor is *divine*. Work is holy. It is twin to Worship. So now, bear it in mind, and, as long as you are in *health*, give to Toil his just tribute.

"Another thing. In a few years you will be of *adult* age, and then will be likely to be influenced to *marry*. Now, with me, marriage is a *sacrament*, and is never justifiable on the ground *merely* that it is a civil contract. It implies more than this. It is not an agreement between two persons to live together for mutual interest or mutual convenience; it is the coming together of two persons whom God has joined, and *whom therefore man may not keep asunder*. It is the holiest of all social rites, and is productive of the highest happiness when properly understood and enjoined. But, considered from a *low* point, it is very disgusting to me, and I would greatly prefer that you should respectively live *unmarried*, and spend your lives together as you have up to this time, cherishing and sustaining each other, than to have either of you marry as most persons marry. Especially, Annie, do I dread such marriage for *you*. Woman's position, at best, in our country (and our country is greatly in advance of any other in the freedom and social respect it gives to woman), is of equivocal character. She has to yield too much of her individuality and personal independence, in order to secure marriage, to be worth very much *after it*, as one may pay so great a price for a thing that its very cost makes it valueless. Dr. Franklin relates of himself that he, when a *boy*, bought and paid too much for a *whistle*. You, Annie, and others of your sex like you, can easily dispose of yourselves in marriage so as to depreciate your worth. Be careful about this. And you, Charles, be thoughtful also, and do not be caught by a pretty face. I am a poor unlettered woman, am of the *outcast* race, whose degradation, it is generally believed, is so deep that Christ's blood can not redeem it and give it freedom *from its caste*; but I have kept my eyes open, and have observed men and things clearly, and I know of no man, however brilliant his intellect or good his heart, however favorable his opportunities or noble his acquisitions, who wrought out enduring fame, or won great renown—renown which is imperishable—who had for his wife a gadder about the streets, a slattern in her house, or *who loved scandal*. The influence of woman inside her door-sill is immense in determining the weight of her husband's influence *outside* his home, and bespeaks for him success or failure in almost any enterprise he may engage in.

"Now, Charles, I have for years known you to possess extraordinary talents; and if you will follow my counsels, after I have gone away from you, I am sure you can not fail to be a great and good man. I want you should not forget them.

"1. Take care of your health. To be healthy is to be wealthy, if one chooses to be. Sickness makes Poverty a man's bed fellow. Keep, then, to simple habits. Let strong liquors alone. Never chew tobacco, nor smoke. Always treat the other sex with consideration, and in your manners let your morals be made visible; for, to a much greater degree than one is aware, are manners the visible symbol of morals.

"2. Be *true*. Do what you think to be *right*. The public opinion of your time may be against you, and it may persecute you; but do you cling

to the right. Never do wrong because it is fashionable.

"3. 'Keep thyself pure.' Few folks, my dear boy, know what *purity* is. They are as ill qualified to decide between it and sham purity as they are between good gold and counterfeit. With many folks impurity consists in being simple, unostentatious, unconventional, approachable; and purity, in its opposites—in affectation, show and glare, stiffness in manners, full of formality, and distant. Those pretentious people who are forever on the watch after peccadilloes, who think they are doing God's service by straining at a gnat and swallowing a camel, win for themselves great reputation for sanctity; but it may be seriously questioned whether they have any more of it than those who make less claim to it. Now I am anxious to have you pure in *fact*, without pretension; then your life will be your commentator.

"And now, my children and friends, leave me to rest."

They all went out, and left this holy woman with her Saviour. She died in a week from that day, and her funeral sermon was preached by the man who baptized the twins, when, as infants, she held them in her arms. But I must close for the present. At her funeral the Governor made a speech, which I shall give to the readers of the JOURNAL in the next number.

REMINISCENCES OF GRAEFENBERG.—No. 3.*

GRAEFENBERGIAN CHARACTERS.

NEUVILLE and I had a pearl of a bathman. He was a strong, slow, blue-eyed, light-colored Silesian peasant, who had once possessed a scalp full of sandy hair, but had lost at least half of it in his journey to middle life. His whole appearance, and especially his smooth, shining pate, reeked with an indescribably cool, dewy expression, which made one think of cucumbers, wet pebbles, drenched roses, or heads of lettuce after a shower. Neuville insisted that he gained this fresh appearance by living on such things as celery and water-cresses, and by sleeping in one of the cisterns, or perhaps down a well like a bullfrog. It may be, indeed, that the instinct of association deceived us, and that we imputed this aqueous nature to the man solely because he had so much to do with our baths; but, however that was, we certainly never looked at him without being impressed with the idea that he would slice up cold and juicy, like a melon or a tomato.

Franz exhibited a forty-hoster power in rubbing us down, and had, perhaps, carried the hides of our quadruped predecessors in the building. In fact, when I think of his frictions, and consider how wet I was at the time, I almost wonder that I was not rubbed out of existence, like a pencil-mark. Occasionally it was impossible not to shout or stamp under the excitement, at which times the old Russian below would bombard our floor with his boots, in token of disapprobation.

Among so many homely people as we had about us there were necessarily some whose ugliness ran into eccentricity, if not absurdity. Neuville, who had an extraordinary faculty at discovering resemblances between men and beasts, or birds, soon fixed on one old gentleman as the Owl; and I was obliged to confess that, bating the claws, the said human certainly did bear a striking likeness to the solemn anchorite of ornithology. He was a man of about sixty, with light gray hair, light gray beard, and a light gray suit of clothes, so that, from a distance, you might suppose him to be dressed in light gray feathers. He was tolerably bare of chin, and his mouth had retired under a bower of light gray mustaches. His long, curved nose looked wonderfully like a beak, and his eyes were always wide open with an expression of unqualified astonishment. However early we rose, however fast and

far we went, we invariably met him already returning, as if he had started out for his morning walk some time the day previous. Neuville affirmed that he staid in the woods all night, and amused himself with hooting and chasing field mice until daybreak, when he would leave off at the approach of the earliest patients, and hurry down to the Establishment to take a bath.

Another interesting personage was a middle-aged, muscular Hungarian, with startling black eyes and wavy black beard, who had the fame of being crazy, or at least unreasonably original. He carried an enormous yellow cane, one end of which was fashioned into a passable flute. He always walked alone, like a man who had dealings with fairies and wood-nymphs; and, when he thought no human being was within hearing, he would put his cane to his lips, and treat his elfin friends to a melody. If a wandering fellow-patient came upon him in one of these dulcet moments, he dropped the end of his cane, whisked it about unconcernedly, and looked all around, or up into the clouds, as if he wondered who the deuce made those noises. I suspected him of being Orpheus, who, it will be remembered, was in the cold water line, and had a fancy for playing airs to rocks, fishes, and other dumb creatures.

They told us at Graefenberg of a Mexican who came there a year or two before us for the sake of trying the cure on his dyspepsia. He went through his first packing with great indignation, and was then taken down stairs into that horrible abyss of plunge-baths. Priessnitz pointed to the cistern and bade him get into it. "Never!" he thundered; and, marching up stairs, he dressed himself, and went straight back to Mexico. Another man in the same situation is said to have fallen on his knees before Priessnitz, exclaiming, "Oh, sir, remember that I have a wife and children!"

GRAEFENBERGIAN AMUSEMENTS.

As Priessnitz insisted that every one should dance who could, it naturally happened that some people tried to dance who could not. I remember one unlucky individual, apparently troubled with the string-halt, who twitched his legs after him in a style that was too much for the gravity of us youth, and who, as he made the circle of the saloon in a waltz or polka, was followed by an epidemic smile shooting from face to face, as if he were some planet of mirthfulness, dispensing a splendor of broad grins upon everything which bordered his orbit. Then there was an indiscreet little man in black, who invariably coupled himself with the tallest woman present, and maneuvered her about the hall with the helpless jerkings of a jolly-boat trying to tow a frigate. Many of the guests, however, showed themselves natural and experienced dancers, managing their heels with an eloquence of motion which put to shame the inarticulate bleating of the wretched music.

The favorite dance was a wild gallop, much like a steeple-chase in point of reckless rapidity, whirling people around the enchanted circle with the briskness and rumbled confusion of hens blown about like a whirlwind. A very advantageous step it was for those ladies who had pretty ankles; and for this artistic reason it was as popular with the outsiders as with the performers. But the finest thing of all was a thundering Polish mazurka, emphasized with heavy boots, in a style which made one feel as if he were enveloped in a charge of cavalry.

The balls usually commenced at half-past seven, and continued vehemently until half-past nine, when the patients began to drop off to their chambers. Priessnitz was almost always present, attended by his family, a pleasant smile playing on his red-oak face, while he talked with the old fellows who had the honor of his intimacy, or gazed approvingly at the higgledy-piggledy whirl of feet and faces. Here, as everywhere, he spoke little and I presume that he had few ideas except such as were good to put in practice; for I understood that he had never learned to read until he was twenty-five, and that even now his lectures were limited to an occasional newspaper. Near him usually sat Mrs. Priessnitz, a rather hard-featured, careful-eyed woman, not as kindly in manner as her husband, and, to all appearance, still more taciturn. The eldest daughter I never saw, thanks to an attractive dowry by which she had secured a Hungarian noble for her husband. The second daughter, a pale and rather haughty blonde of eighteen, neither handsome nor homely, was one of the best and most frenetic of the dancers. When nine o'clock came, the old couple quietly walked off, leaving their absence as a hint to the revelers that it was time to wet their bandages and go to bed.

OPPOSITION CURES.

Whether the Silesians are naturally given to heterodox methods of doctoring, or whether simply the success of Priessnitz had generated imitators, I can not decide; but one or other of these causes had favored the neighborhood of Graefenberg with a variety of odd establishments for the healing of diseases. There was a *Curd Cure*, wherein sick people were fed exclusively on curdled milk, and, if I was rightly informed, put asoak in it. There was a *Straw Cure*, wherein the patients not only drank intemperately of straw tea, but were horribly tormented by being put naked inside of straw beds, and kept there until they were nearly flayed by the points and edges of this medicinal fodder. And, about two miles from Graefenberg, in the valley of the little stream of Freiwaldau, was still another eccentric hospital devoted to a method of treatment called the *Wine Cure*. Here horrible sweatings, of eight hours, in numerous dry blankets, made the nights miserable; while a curious system of diet, arranged on a sliding scale, carried the patients through all the stages of starvation and repletion, commencing with abundant meals, and descending gradually to the circumscribed rations of three small rolls a day; then creeping up the digestive staircase again to aldermanic breakfasts and dinners, and so on, up and down, until the sufferer was either cured, buried, or driven to the desperation of flight. In compensation for this sharp mortification of the flesh, a considerable daily portion of wine was allowed, and on Saturdays double treats. D'Hautville told me that, happening in there one Saturday afternoon, he found the patients and the doctor all fuddled together. One old acquaintance, too glad to see him to wait till he could reach the door, stuck his fist through a pane of glass to shake hands, after which he hallooed riotously, declaring that he felt better every minute, and denouncing Priessnitz as a quack and cold water as a nuisance.

Singular as it may seem, this system often effected cures, and drew over various renegades from Graefenberg. One of these apostates from cold water told me that he and his comrades suffered very little from hunger during the long fasts above mentioned, and seemed to lose their appetites in proportion as their food was diminished. Still, the wine-doctor's severe sweatings and dietings were exceedingly hard upon delicate constitutions, and, on the whole, his practice, like that of a Kentucky rifleman, was apt to be attended by very sudden deaths. Personally he was a tall, heavy, hulking fellow of about fifty, with the tone and manners of an unmistakable peasant. He pretended to be the predecessor of Priessnitz in medicine; he was even profane enough to tell us that the great Graefenberg was only his imitator.

As for our party in the stable, we remained faithful to cold water, unseduced by the fascinations of curds, straw tea, or even wine cures. We took four baths a day, at a minimum, and occasionally more. In opposition to a light fever, Neuville once accomplished fifteen packings between sunrise and bedtime. However violent an illness might be, people at Graefenberg never betook themselves to their beds, but rather to supplementary waterings and walkings.

IN PARIS A YEAR LATER.

Strolling down the Boulevard a few days after my arrival, I stumbled over my old comrade Neuville, whom I had left nearly a year previous up to his neck in Silesian fountains. Neuville remained about ten months at Graefenberg, including an entire winter, and only took flight when Priessnitz died, and Madame undertook to carry on the establishment herself. "Good heavens!" said he, "I don't see how I stood it. I cut my hair an inch long, and cut my hat altogether. We had three feet of snow, and frosts sharp enough to make a white bear whine. We used to slide down the Graefenberg hill on sleds; all of us had sleds, and most of us had no hats; you never saw such a set of maniacs."

Anxious for the honor of hydropathy, I asked him how it was that Priessnitz, who had cured so many others, should happen to die himself. He said that the disease was some internal disarrangement, caused by the kick of a horse many years before; that the brave old fellow fell in the breach, as it were, taking his cure and his usual walk up to the very day of his decease. It was no new malady, then, that overcame him; it was the one against which he had been combating for a quarter of a century; the one, in fact, which had led him to invent his peculiar system of treatment. He had raised himself from a bed of helplessness, but he could not entirely rebuild his broken constitution, and at last death was the conqueror. During a year or more he had foreseen his imminent dissolution, and had even warned the citizens of Freiwaldau not to build too largely; for, said he, I shall soon be gone, and then you will see no more of these invalids who now buy your goods and fill your houses. It fell out as he had expected; for after his death, after the mighty funeral which then covered the slope of Graefenberg, there was a rapid dispersion of those hundreds whom his fame had gathered. He left a famous name, a worthy name, but no successor.

* "European Acquaintance." By J. W. De Forest. New York: Harper & Brothers. 87 c.

The Month.

NEW YORK, DECEMBER, 1858.

WATER.

"To the days of the aged it addeth length,
To the might of the strong it addeth strength.
It freshens the heart, it brightens the sight,
'Tis like quaffing a goblet of morning light."

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

EATING.—We are accused of being a monomaniac on this subject. Our bodily structures are made of the materials we eat. The quality of our tissues is according to the kind of our food. As a man eateth, so is he. Eating is, therefore, a great institution. And if these premises are true, it is always important for invalids who would recover the highest health, to take the very best food. For this reason it is that in all our prescriptions for invalids, let what will ail them, we attend to the dietary as well as the bathing, the breathing, the exercise, etc.

A patient called in our office the other day and laid his case before our associate, Dr. Gorton. He frankly declared that he was prejudiced against us as a physician, and against our Hygienic Institute, because he had long read the *WATER-CURE JOURNAL*, and had noticed that in our answers to correspondents we insisted on a correct diet in every case. This, he thought, was ultraism, or one-ideaism, or fanaticism, or hobbyism, or maniaism of the very worst kind. He was willing to admit that some folks ought to attend to diet, but that all should, seemed to him like making one remedy apply to all kinds of persons and all manner of diseases.

Dr. Gorton examined the case, ascertained that bad bile and a diseased liver were the difficulty, and then traced the malady to improper food as the cause. The poor patient was grievously disappointed again. Our associate assured him that nothing would cure him unless in some particulars he corrected his diet; but that was not what he wanted. He wanted a prescription that would cure him without meddling with his eating habits at all.

The error of our unknown friend is a very common one. It is, in fact, the greatest error our system has to contend with in society. Unwholesome food, and erroneous habits of eating, stand at the very head of the list of the causes of disease.

Wrong eating expresses more of the origin of disease in the human family than any other two words that can be found in the English language; and besides, a sick person must attend to all the conditions of health, or he can never fully recover. Any neglect or error in relation to any one hygienic condition will induce disease. Health is the result of a compliance with all. Eating, drinking, and breathing are equally important to health or life. No man accuses us in riding a hobby or of being a one-ideaist because we *always* insist on pure air, good water, and proper exercise; nor should he, because we *always* insist on wholesome food. "He who fails in one is guilty of all," is the fiat of God and the mandate of nature. To lack one thing needful is as fatal as to lack all. Our friend should blame the God of heaven who has made the law, or the works of nature which teach it, and not us for prescribing according to it. If a clergyman, in prescribing for sin-sick souls, should vary his prescriptions according to the circumstances of the different cases, but tell every one alike to "pray without ceasing," would our friend dislike the advice because the same remedy, proper prayer, was recommended for all? "Cease to do evil, and learn to do well," is a maxim of divine authority, and of universal application. It is the panacea for every evil, whether we call it sin or sickness, and it applies to all that in any way affects us, bodily or mentally.

THE REGULARS AND OUR GRADUATES.—We have often charged the drug-doctors with treating the graduates of our school with unfairness and injustice, and in many cases with misrepresentation and meanness; and this treatment seems to be, as a general rule, exactly in the ratio that they are successful in practice and useful to the community. We know it to be a fact that the very best success in curing their patients has many times subjected them to the vilest ill-usage and persecution on the part of their drug-medical competitors. We give the following extract from a letter as one among many vouchers we can produce that we do not exaggerate in this matter:

YPSILANTI, MICH., Oct. 24, 1858.

DR. TRALL—Dear Sir: My practice has been very good for two years past. I have been a very serious annoyance to the "regulars" here. They have waited and waited to see my downfall, and they are out of all patience. My obstetrical practice is the most provoking part of my business to them. I have had *seventy-three* obstetrical

cases since I came home from your school, and all have done well. The most prominent ladies in the city have been my patients. This is the "unkindest cut of all" to our old doctors. I have not a solitary friend in the medical line here. I have many a time wished myself in Laight Street again. Little did I dream, when leaving you, although forewarned by you, what a battle lay before me. Our regulars fight like the mischief among themselves; but they are all agreed in one thing, and that is, Helen McAndrews ought to be put down.

We know the intelligence and the spirit of Mrs. McAndrews too well to fear that there is potency enough in all the drug-doctors of Michigan to put her down. They had better undertake to put down sunrise.

A SLIGHT MISTAKE.—P. A., writing from Didasko, Alabama, complains that we promised to publish his article (against our theory of disease) in the *WATER-CURE JOURNAL*, and in all the papers of the United States, which promise we have violated; and he insinuates that our promise to pay one thousand dollars to a competent opponent to discuss the respective merits of Hydropathy *vs.* Allopathy in the public papers, would also be defaulted on our part if accepted by an opponent.

Our friend is greatly mistaken on both points. We never made any such promise as he pretends. We did not promise to publish *any* argument that may be sent us. The article he sent was a mere mass of inconsistencies and self-evident absurdities. We did publish an extract, expecting that when he saw that in print he would thank us for withholding the rest. P. A. objects to our taking the worst paragraph as an illustration, and thinks we should have taken some unobjectionable one. This is a very foolish cavil. If he knows enough to discuss profitably any scientific question, he should know that one incurably bad paragraph ruins a whole article, although it were as long as the Atlantic cable. If he will write anything to the purpose, we will publish it gladly; but he ought to know that we are the judges between correspondents and readers.

As to the thousand-dollar matter, our friend can easily put us to the proof. We have called the names of a dozen distinguished physicians with whom we are willing to discuss the questions proposed. All Didasko need do is to bring one of them on, and then if we "back down," he and the public will know it.

"GOOD NEWS FOR ALL."—Never before were we receiving so many letters from all parts of the country testifying to the complete triumph of our system. The follow-

ing we have liberty to publish. Within the last month we have received similar communications enough to fill the columns of half a dozen Water-Cure Journals.

WEAVERVILLE, MICH., O. & 1894, 1898.

EDITORS WATER-CURE JOURNAL.—I wish to express to you my gratitude for the knowledge we are receiving from time to time through the columns of the WATER-CURE JOURNAL. I feel as though myself and family had been snatched from "dangers seen and unseen" by your teachings. I had been a slave to medicine until I was fifty years old. I have to regret that I remained ignorant of Water-Cure so long. When I look back eighteen and fifteen years, and see my noble boy of three years that was forced to take calomel and oil as long as he could swallow for the croup, and my beautiful daughter, that was treated just as unreasonably for the measles, I can be reconciled that they are gone, but not to the cause of their death. It is strange that I did not lose my confidence in the M.D.'s, but I did not. I, like many others, felt as though they held the "keys of life and death." For years after we called the doctor for every little sickness, and their heavy bills were paid freely every year. But the scene is changed in our family; for four years past we have used no drugs, called no doctors, and had less sickness. The same diseases that made havoc with us, yield to the water practice. The little knowledge I have gained has cost but a trifle; but methinks some drug doctor is several hundred dollars poorer. My confidence in them is gone—all gone. The WATER-CURE JOURNAL and LIFE come to us welcome visitors, and on my table is Dr. Trall's "Encyclopedia," which I have owned four years, and could not do without its counsel. I feel to praise God for Water-Cure, and that my life has been spared to learn something of it. I believe the great secret of success is to be thorough. Respectfully yours,

FRANCES H. STUART.

CHANGED.—Our enterprising friend, Dr. J. P. Wallace, of the Hygeio-Therapeutic College, has taken charge of the medical department of the Glen Haven Water-Cure. Professor Wallace is well qualified for the place, and has our best wishes for success and prosperity in his new enterprise.

WHAT KILLED THE PATIENT?—Dr. Trall: Will you please give me some information, through the WATER-CURE JOURNAL, in relation to the following singular case: Not long since one of my neighbors sent for me to come to his house, as one of his children, a little boy two and a half years old, was taken sick the night before with worms, as he thought. About three o'clock in the morning he had a fit which probably lasted about ten minutes. When I arrived there he was sleeping, and did not have any fever. We gave him a sitz-bath, in tepid water, about ten minutes; also bathed him all over and wiped him dry. He had a number of passages from the bowels during the night, and seemed better after the baths. About nine o'clock his fever began to rise; we packed him twice that day, washing all over when he came out of the pack; gave him a number of injections, and his fever abated toward night, but a diarrhea grew worse. He was quite restless all night, and in the morning we gave him another sitz-bath and washed him all over; but still the diarrhea increased, until about noon the discharges were mostly blood. We then gave him an injection of warm water after nearly every discharge, placed him in tepid water every two hours, and kept a wet compress on his bowels most of the time. After midnight he did not pass any more blood, and did not have much fever, but seemed better, and wanted to eat; called for milk, and we gave him a little scalded milk, with a little water. His diarrhea grew worse again;

the discharges from his bowels were trifling in quantity, but the tenesmus was very great, and all the water I used did not seem to relieve it. On the fourth day from the time he was taken the friends sent for a regular allopath, who gave him a great variety of medicine, and on the sixth day he died. Now what do you think was the reason that tenesmus could not be stopped? I used water as nearly as I possibly could according to the directions given in the "Encyclopedia" for flux or dysentery.

BETHENA THOMAS.
NEWVILLE DEKALB CO., IA.

We have heard the particulars of several cases in which water-treatment did not cure so soon as the friends wished to have it, whereupon a drug-doctor was sent for who soon made a finish of the business. Two days is long enough for a great variety of medicines to kill a child very low with the dysentery. It is often done in this city in one day. Dysentery is generally a severe disease. Its usual course is about one week, though in some cases the disease is prolonged several days more. We have known many cases in which the tenesmus was severe, with occasional intervals of ease, for a whole week, but they all eventually recovered. If the disease and the distressing tenesmus should continue a fortnight, despite the best water-treatment, it would be no reason for killing the patient—we mean for sending for a "medicine man." We have not lost a case of dysentery yet, and we have taken many cases out of the hands of the regulars after they had dosed for eight or ten days, and very nearly to the dying point.

We do not regard the above case as having been at all dangerous; it was severe and obstinate; it was attended with the low nervous form of typhus fever, which is usually of slow progress, and liable to frequent remissions and exacerbations of the more violent symptoms.

We think the scalded milk and the frequent enemata were wrong; not that they endangered the child's life, but that such treatment protracts the struggle. Water gruel, baked apples, mealy potatoes, etc., are the only admissible foods in such cases, and even these had better be dispensed with until the dysenteric inflammation is entirely overcome. It is better, also, to omit injections in the later stage of the disease, and trust to wet cloths to the abdomen, frequently changed, and of the temperature quite warm cloths, or even fomentations, are advisable. Our opinion is that the patient could have been better managed; that the patient was in no danger of dying, and would have recovered had the treatment of Mrs. Thomas been persevered in to the

end; and our opinion is, lastly, that the drug-doctor's drugs killed the patient.

PUTRID SORE THROAT.—An intelligent clergyman writes from Nova Scotia:

DEAR DR. TRALL.—Having a few leisure moments this morning, I drop you a line, not forgetting the kindness I experienced from you, and also all connected with the college over which you preside. The courtesy of the students, both male and female, toward each other, and also toward strangers, is worthy of notice. I hardly need add that my faith, already strong in Hydropathy, was increased during my sojourn with you. For years I have believed it to be the only natural cure, the old-school doctors to the contrary notwithstanding; having spent some two years with them, I am somewhat posted up in reference to drugopathy and the instruments of torture and death. The profession are just now in great trouble in these parts; the putrid sore throat is very prevalent, and completely baffles their skill. One of the regular quacks having lost forty cases in a short time, went home completely disheartened, thinking he had the complaint himself. I was called last week to consign to the solemn grave the remains of an amiable young woman, taken with the same disease, and under another's regular treatment, died in a short time. These are not solitary instances; would that they were. The treatment—hot applications to the throat, causing a determination of morbid humors to that part, keeping up the inflammation, which speedily carries off the patient—is the very opposite to that which the patient requires. Am I right? Please in the next W. C. JOURNAL to give us your mind or the *modus operandi*. And then to hear them at the bedside talking the language of Ashdod to cover their ignorance, is a caution. In reference to my own health, I am stronger both in body and mind than I was fifteen years ago; the reasons are obvious. I now use water daily, subsist on a pure vegetable diet, religiously abstaining from everything which ever drew the health of life, as articles of diet; preach more about the physical health, and the value of the body as well as the soul, and feel most anxious that my people, and others also, might follow my example, at least in these things; and I have some ground to think that the efforts put forth are not all in vain, for some are converted, showing their faith by their works, being baptized daily, not by sprinkling, but being immersed; and I hope they will be saved, at least from drugopathy and a premature grave.

O how we need some of your graduates here to teach and practice the better way! The fields are white, but the laborers are not here. Not one is to be found in the British Provinces who practices your principles; but the "Encyclopedia" is in the field, and is destined to revolutionize the drug practice as far as it circulates, which I take special care to recommend.

The putrid sore throat is only a malignant form of scarlet fever, the local determination to the throat being so intense as to occasion rapid disorganization, and prevent much constitutional reaction or disturbance commonly called fever. As our friend well says, the treatment pursued by the drug doctors can have no other effect than to hasten the patients to their graves. The proper plan of treatment is cold, and usually very cold, applications to the throat; warm applications to the extremities; warm or cold to the surface, as the heat is below or above the normal standard. In the first stage of the disease, a free enema or tepid

water to move the bowels is useful, but it seldom requires repeating. We have treated many of these cases, and always successfully.

DISOWNED.—The Oglethorpe Medical College, in Georgia, has threatened to take away the diploma of its graduates if they ever are known to practice or in any way give countenance to such heresies as Hydropathy, Homeopathy, etc. A very intelligent gentleman from Constantinople, Turkey, has attended our school during the last year, and at the end of the summer term received the degree of M.D. Intending to practice our system in Turkey, and wishing to secure to himself all the privileges and protection the laws and a compliance with the usages of society could afford, he concluded to attend one course of lectures at an Allopathic school, and thought of Cincinnati as a desirable locality. Accordingly we addressed a letter to the faculty of the Medical College of Ohio, inquiring if his *regular* medical education here, and his *legal* diploma, would be accredited him there, so that he could graduate by attending a single term. We received the following reply:

CINCINNATI, Sept. 21st, 1858.

DEAR SIR—In reply to yours of the 15th inst., I am obliged to say that we can not recognize your school, or, rather, its graduates.

It is probable you impart much sound instruction; but I think you will perceive, on reflection, that it is not of a character which would entitle the school to be placed on the list of "regular" institutions of our country. All we could do, therefore, would be to receive the pupil as a first-course student. Respectfully,

L. M. LAWSON.

R. T. TRALL, M.D.

We have duly reflected on the reply of Dr. Lawson, but we fail to see the propriety of any medical institution setting itself up above the laws of the land. The law has legalized our institution, and it confessedly imparts sound instruction; but "regularity" with the Cincinnati aristocrats is of more importance than legality or intelligence. However, we have the pleasure to inform the Ohio Medical College that one of our city "regular" colleges will receive the gentleman on the same terms that they would if he had graduated at the Ohio college. This spirit of meanness and persecution will not always exist, for before a century passes away, there will be no Allopathic colleges in the country.

HYGIEO-THERAPEUTIC COLLEGE.—The tenth term of the New York Hygieo-Therapeutic College, for the winter of 1858-9, has commenced with a larger class than that of any previous term. Of the five

medical schools in this city, it is now the third in point of numbers; and if its increase continues to bear the same ratio to the other schools, it will stand at the head of them all before another ten years passes over its head. We are pleased to notice in the class several of the graduates of the school. This fact shows that the degree of M.D. does not, in this school, lessen the ability nor the disposition to learn more.

PERSONAL.—Though we are rivals in business, and competitors for fame with all the Water-Cure establishments in the country, we have no feelings of opposition to any of them, only so far as they depart from what we consider the true system. Our readers will bear witness how frequently we have written approvingly of other "Cures;" how seldom we have praised our own, and how rarely we have spoken disparagingly of any. But since our school department has been established, several proprietors of water-cures and watering places have undertaken to secure custom to themselves by misrepresenting us. Patients frequently come to us from other establishments, where they have been assured that "Dr. Trall never attends to his patients, but turns them over to his students;" or, "Dr. Trall is so busily engaged in writing that he neglects his patients," etc.

We do not like to have any one deceived in this way. We do not desire to have any patients come to us who prefer any other physician or any other locality; but those who have any preference for our establishment, or who desire to remain in this city, we wish to take and treat. And to them we say, that we have ample time to attend to invalids. Our profession is our first business; but when our professional duties are done for the day, and between the calls for professional services we devote our spare hours and spare moments to writing and teaching.

Moreover, we have able and experienced associates, who give their whole time and attention to the care and interests of our patrons and patients. With their co-operation we can do full justice to all the patients our establishment can receive, and attend to considerable out-door practice also. Dr. Gorton and Mrs. Smalley are always at home when we are casually absent. If either of them is called away, we are at home, so that the institution is never without two physicians in attendance, or

within call—either or both of whom can be seen whenever desired by any patient almost any hour of the day or night. And, in conclusion, we assure those who come to the establishment by reason of the correspondence or acquaintance they have had with us, that they will find Doctors Gorton and Smalley entirely competent to direct their treatment, if we happen to be absent, more or less.

To Correspondents.

Answers in this department are given by DR. TRALL.

CONSUMPTION.—T. A. G., Cameron, Mo. I have a constant pain under the shoulder-blades, and the same in front of my breast; a slight chill, and a heavy fever, but no certain time between them; a burning in my hands and feet; have a heavy cough, and spit up a yellow, saltish, and tough substance; am not a vegetarian; have lost my appetite of late; have a constant rattling in my breast; nearly all of my relations on my mother's side have died of consumption. Please answer the following questions: Is it consumption? If it is, how far is it gone? Can I treat it at home? What treatment will it require? What diet? What exercise?

The case is consumption in the second stage, and probably incurable. We would not advise any attempt at home-treatment by persons so radically ignorant of our system. There is no small work on the subject that would answer your purpose. The only chance is at a water-cure, and a very poor one at that. We do not write private letters of advice if parties pay their own postage.

HIP DISEASE.—J. S. R. Milwaukee, Wis. Please inform me through the WATER-CURE JOURNAL the disease and treatment of my son's case. He is fifteen years of age, of active habits, was taken four weeks ago with a very severe pain in the left thigh, three or four inches below the hip, but on the inside to all appearance in the bone, as there was not the least external appearance of redness, swelling, or soreness. He had violent fever from the first, which ran ten days, and he was delicious a great part of that time, with the most excruciating pain in that limb. By this time the pain had ascended as high as the groin, and commenced to swell, and has every appearance of forming an abscess, which I used warm fomentation to prevent; it has not opened, and the swelling has not subsided, but descended to the foot, which is swelled as round as a ball. The pain has not reached below the knee; he has been entirely helpless in that limb since the first day he was taken, all motion causing the most excruciating pain. The pain has become more periodic than at first, as he has spells of comparative ease, returning regularly every afternoon with great violence.

The case is articular rheumatism or hip disease—probably the latter. You will find directions under these heads in the Encyclopedia. The plan is the same essentially as for acute rheumatism, affecting mainly the large joints.

WARMING AND VENTILATION.—E. C. D., Newark, N. J. Will Dr. Trall please answer through the WATER-CURE JOURNAL the following: Is wood better for heating private dwellings than coal? If so, should the stove be an open one or not? Where you can not have the fire-place open, is not the charcoal left of the wood injurious to health without the fire-place open? Would you recommend the Franklin wood-stove, or what one? Is it not better when a child will get uncovered in bed, though you put few covers on, and tuck them in ever so secure, to let them sleep with clothes the same as they wear in the day-time, only looser?

We are of opinion that coal is better than wood. All stoves should be open so as to insure a draught, and frequent change of air. When children will kick the clothes off in spite of all that can be done, a loose frock and blanket fastened on as clothing will answer all purposes. Our opinion is, that children are so very restless only because they are improperly fed.

ELECTRO-CHEMICAL BATH.—J. H., Flat Creek, Texas. In the process the patient is immersed in a copper-lined bathing tub, the water being pleasantly warm, and placed in communication with the positive pole of a strong galvanic battery, the negative pole being connected with the copper surface of the bathing tub. The object is to pass a stream of electricity through the system, or, more correctly speaking, to accelerate the decomposition and depuration of effete and foreign matters.

K. D.—It will require about an equal amount of time and expense to become either a practical phrenologist or a good physician. In selecting between them follow your inclinations. If you resolve on being an M.D., attend a course of lectures as soon as possible. We would not recommend, in your case, a collegiate course as preliminary.

GRANULATED EYELIDS.—F. H. S., Weaver-ville, Mich. We are of opinion that the case you describe is curable in two or three months; but we doubt the success of self-treatment. She would do well to spend a few weeks at a good establishment. The probability is that the eyes will need some kind of surgical management. The expenses will be about \$8 per week.

ALCOHOLIC STIMULATION.—S. U. Higginum, Conn. I wish Dr. Trall would tell the subscribers and readers of the WATER-CURE JOURNAL how a very aged lady can sustain her health without alcoholic stimulants? And how a lady of fifty-four can avoid the death-like sickness that succeeds the healing up of erysipelas in the legs without brandy? She is the mother of a large family. These questions have come up before a total abstinence society that allows ardent spirits, etc., as a medicine.

As alcohol does not sustain health in any manner whatever, but is, on the contrary, always destructive to it, it follows, by irresistible logic that she can be better and longer sustained by doing nothing than by taking alcoholic stimulants. If the other patient is properly treated—that is to say, hydropathically—she will not have any of "death-like sickness" to trouble her.

OUR CHALLENGE.—Tekonsha, Oct. 20, 1858. DR. R. T. TRALL: *Dear Sir*—I find in the July number of the WATER-CURE JOURNAL, published by Fowler and Wells, a challenge to any duly accredited allopathic physician to discuss with you, through the public newspapers, the main question at issue between your respective systems. I was anxious to have some one accept your challenge, so we could hear the arguments brought out to prove the errors of a false system, as you call it. But we are doomed to disappointment, for when a man, just such a man as you challenged, accepts your challenge, what do you do but creep out, by saying you meant Dr. Paine, of New York. Now, sir, we look at your challenge as a sort of a braggadocio, to try to build up a false doctrine, and your creep out as a proof of the rottenness of your system. I am a subscriber for the WATER-CURE JOURNAL, and so are many others around here. We ask for an explanation through the JOURNAL, and we think we are entitled to it. Yours, a subscriber, A. D. ELDEED.

Well, sir, you shall have it. Our original proposition, made two or three years ago, and which we have several times renewed since, was, that our opponent should be a teacher and practitioner of the allopathic system, in good repute and should be indorsed by professors of some one of the medical schools of New York, Boston, or Philadelphia, as competent to sustain their side of the question. Does this offer imply that we must pay any one a thousand dollars, be he doctor or dunce, who chooses to write what he calls a discussion, and whose defeat would settle nothing? It is very strange that folks should be so stupid as to expect any such thing. Bring on your man of authority, be he Paine, Dunglison, Draper, Mott, Parker, Green, Metcalf, Watson, Jackson, Bigelow, Meigs, Bedford, Gilman, Carnochan, Francis, Holmes, Bryan, all of whom are professors in the schools of the cities I have named, or any other duly accredited man, and we and the money are ready!

ALIMENTARY.—Brutus, Texas. 1. Are sweet potatoes wholesome food for the human family? 2. Do you consider eggs cooked in any form wholesome? 3. Are oysters, either raw or cooked, used at water-cure establishments? Are they wholesome? 4. Would you advise a person that is determined to eat no more meat, to use dried apples and peaches freely at meals, when he can not get green fruits? 5. Do you, as a physician, advise every or any person to quit the use of coffee entirely, after having used it from two to six times every day for ten, twenty, and forty years, as we Texans do? 6. Do you allow or recommend a free use of milk at your establishment? 7. Is sweet milk more wholesome than buttermilk? 8. Do consistent hydropathists use pickles?

1. Yes. 2. Comparatively they are so, but not the best food. 3. They are used at some establishments, but we regard them as poor food. 4. Yes. 5. Yes. 6. No. 7. No. 8. No.

ACHES AND PAINS.—J. R., Sadorus, Ill. Correspondents are continually writing us long descriptions of aches and pains, and asking us to name the disease and the remedy; but in many cases they do not say a single word about their personal habits, which is the only data we can have to judge correctly from, as respects either the nature of the malady or the proper treatment. Without this information is given us, it is entirely useless to waste time and paper in writing for advice.

Advertisements.

ADVERTISEMENTS intended for this Journal, to secure insertion, should be sent to the Publishers on or before the 10th of the month previous to the one in which they are to appear. Announcements for the next number should be sent in at once.

TERMS.—Twenty-five cents a line each insertion.



No. 15 LAIGHT STREET, NEW YORK.

DR. R. T. TRALL HAVING ASSOCIATED in the management of his extensive establishment Drs. Gorton and Smalley, is now more fully prepared to give satisfaction in the treatment and cure of all CURABLE DISEASES, of whatever kind or name. Invalids placing themselves under our care can have the very best security for being treated SKILLFULLY and SCIENTIFICALLY, as we stand the acknowledged head of the HYGIENIC SYSTEM and HEALTH REFORM in the United States—yes, in the world.

Especial attention is now given to Uterine Diseases and Displacements, by Mrs. C. L. Smalley, M.D., who has made this class of diseases a SPECIAL study for the past ten years.

Lying-in women are provided with pleasant apartments, and every convenience calculated to render parturition easy and natural.

Boarders, permanent or transient, are provided with pleasant accommodations, and also a STRICTLY PHYSIOLOGICAL DIET.

Our location is pleasant and healthy, being adjacent to St. John's Park, and but a short distance from the Bay and the Hudson River, on the west side of the city.

Drs. Gorton and Smalley (experienced physicians) will attend to out-door practice promptly and efficiently.

R. T. TRALL, M.D.,
D. A. GORTON, M.D.,
MRS. C. L. SMALLEY, M.D., } Physicians and Proprietors.

THE BROOKLYN HEIGHTS

Water-Cure Establishment is located at Nos. 63 and 65 Courtin Street, Brooklyn L. I. Outside practice attended to both in city and country. G. F. ADAMS, M.D., Physician and Proprietor.

DRS. GEO. H. AND CHARLES F.

TAYLOR treat all kinds of diseases by Water-Cure, Movement-Cure, and other Hygienic means, at 67 West 38th Street, New York. They will also attend calls to lecture in other places on these subjects.

SARATOGA SPRINGS REMEDIAL

INSTITUTE is open all the year. Special attention is given to female, lung, and chronic diseases. For Circular, containing valuable information, address in full, as there is another person of similar name. SYLVESTER S. STRONG, M.D.

PEORIA WATER-CURE—SITUATED

in one of the most beautiful and healthy locations in the West, on the highlands, overlooking the city, half a mile from the steamboat landing—will be open during the coming winter. Strictly Hygienic principles will be observed. Electro-Chemical baths and a Electro-Magnetism will be used. Address Mrs. M. NEVINS & SARAH KENYON, Peoria, Ill. Dec. 1, 1858. 11*

WATER-CURE FOR FEMALES EX-

CLUSIVELY, at Columbus, Ohio. Terms, 7 to 10 dollars per week. For particulars, address, May, th. W. SHEPARD, M.D.

SARATOGA WATER-CURE, ON

BROADWAY, near CONGRESS SPRING.—Open all the year for Invalids and Boarders. Chemical and Vapor Baths, also Hot and Cold Baths for citizens or strangers, at all hours of the day.

Saratoga Springs, N. Y. N. BEDORTA, M.D., Proprietor.

GLEN HAVEN STILL STANDS PRE-

eminent among the Water-Cures of America.

JOHN P. WALLACE, M.D., Professor of Obstetrics, etc., in the Hygienic-Therapeutic College, New York, has taken charge of the Medical Department of the Glen, assisted by Dr. WM. JANSEN and Dr. ELLEN BEARD, a medical staff which will not suffer in comparison with the Physicians of any other Water-Cure in the country.

As to the place, it is conceded by all uninterested persons, who are acquainted with it, that Glen Haven stands unrivaled in facilities for exercise, amusement, and restoring health to the sick.

Professional men, men of science, and literary persons, who wish to recuperate their energies, would do well to spend a few months with us. We have ample facilities for spending the time pleasantly and profitably. Our patients can have all the advantages of a quiet and pleasant home, free from the excitement of city or town life, and at the same time have the advantage of the best medical skill and attention. Persons afflicted with diseases of a Nervous tendency, and we may say all sick persons, will find the absence of excitement which pervades our establishment greatly conduces to their restoration to health. We devote our whole time to our patients, giving them the benefit of our counsel and encouragement from day to day, and teaching them the laws of life, so that when they get well and go from us, they not only know how to live a physiological life themselves, but are able to treat others also. We invite all persons, afflicted with whatever disease—not incurable—to come to us with the expectation that they can be cured. If on examination we think they can not be helped, we will frankly say so.

But in coming to us, we wish you to come with a determination to get well. We want your co-operation—we want you to place entire confidence in us, and we wish to believe you in earnest to get well.

We use no medicines of any kind, but treat our patients on rational and scientific principles, always keeping in view the condition of the system, as well as the nature of the disease—points too often overlooked by Water-Cure physicians. We shall, from the patient's history, and present condition, ascertain the true nature of the disease, and as near as we can, the vital force each one possesses; then we will so adapt our curative processes as will best promote restoration to health, and husband the strength of our patient.

Lying-in women will, we think, find it greatly to their advantage to spend the period of their confinement with us. We have rooms well arranged for such patients, and they can here have the advantage of the best medical skill during labor—Dr. Wallace being Professor of Obstetrics—and also the best nursing skill during convalescence.

Diseases peculiar to Females—Uterine diseases and displacements in all varieties and complications—are here made a specialty. Dr. Wallace, from his experience, can give persons thus afflicted, the fullest assurance that they can, in most cases, be cured. Kinesopathy, or the "Movement Cure," will be brought to bear on all cases of displacement, when it is deemed advisable, and we often find it one of our most valuable auxiliaries. It is also of great value in spinal diseases and distortions.

We make no bargains to cure in a specified time, but place our patients in the best possible conditions for getting well, give them the advantage of our knowledge and skill and then they must wait the issue.

Our bathing facilities are such that we can treat patients as successfully in winter as in the summer, the bathing-rooms are kept warm and clean, and everything in good order. Patients may rely on receiving the best possible attention both from Physicians and attendants.

Prices.—Examination fee \$5, and from \$5 upward per week for board and treatment, according to rooms occupied. Treatment or meals in private rooms extra. Patients should bring one comfortable, two woolen blankets, two sheets, four linen towels, and linen for bandages. Or, if preferred, we can furnish them reasonably.

All bills payable weekly. Prescription by letter for home treatment, \$5.

Route.—From East or West, come on N. Y. Central Railroad to Syracuse, thence by Syracuse and Binghamton Railroad to Homer, thence by stage or livery to the Glen. Or, from East or West, on N. Y. and Erie Railroad to Binghamton, thence by Binghamton and Syracuse Railroad to Homer, thence to the Glen, as before.

All communications should be addressed to the proprietor, W. S. CHAPLIN, Scott, Cortland Co., N. Y., JOHN P. WALLACE, M.D., WM. JANSEN, ELLEN BEARD, } Physicians.

BINGHAMTON WATER-CURE,

BINGHAMTON, BROOME CO., N. Y. This is the place to take Water Treatment during cold weather. The rooms are large (a closet from each), well warmed, and furnished with spring-beds. The water pure, climate healthy, location unsurpassed in beauty, and TERMS within the reach of all. For further particulars send for circular, or address O. V. THAYER, M.D.

GALESBURG HYGIENIC HOME.

All diseases treated upon strictly hygienic principles. ELECTRO-CHEMICAL BATHS administered. Address, 11* DRS. WM. B. & SARAH W. KERNEY, Galesburg, Knox Co., Ill.

A HYGIENIC PHYSICIAN, GRADU-

ate of an Allopathic College, and his wife, graduate of the Hydropathic College, wish to hear of an eligible place to settle. Are entirely opposed to drug-medication. Best references given. Address 21 REFORMERS, Box 730, New York.

WHERE TO FIND A LOST "PEARL OF GREAT PRICE"

—HEALTH.—None can truly sympathize with the sick but those who know from experience what it is to be deprived of health. Those only who have writhed in the agony of acute disease, or pined under the hopeless, heart-sickening protraction of chronic maladies, know how to feel for fellow-sufferers. And, on the other hand, it is only the sick who can adequately appreciate the sense of duty by which those who have themselves been sufferers, but who are now obtaining relief, or have already fully regained the lost treasure of health, are impelled to make known the agencies that have availed to work out their deliverance.

All of us, whose names are appended, have been residents at New Gräfenberg Water-Cure, Herkimer Co., New York, for various periods of time. In one or other of our number, disease in every imaginable form, acute and chronic, and in every stage of progress, has been skillfully and successfully treated.

Having been ourselves the recipients of such signal benefits, from our residence at New Gräfenberg, and believing, as we do, that almost all of you—physically "weary and heavy laden ones"—who are staggering under the crushing weight of your burdens, may, if you seek for it here without delay, find in due time like deliverance, it will not be a matter of wonder to you that we feel a longing desire that this Establishment should become more widely known. Those of us to whose names a star is prefixed have also had experience of other water-cures, whose claims to public respect we would be the last to undervalue. Compared with the drug and poison shops of Allopathy, all Water-Cures that deserve the name must be good; and it would indeed rejoice our hearts to know that all of them were in a flourishing condition. But even where all are good, there is always a better and a best; and so deeply have our knowledge, observation, and experience impressed us with the merits of New Gräfenberg, that it presents itself to us at this time in the light of a special duty to proclaim them through the length and breadth of the land. And the performance of this duty we feel the more incumbent, as the physicians of this Cure, with that extreme modesty which is sometimes found associated with rare merit, seem to have hitherto shrunk, perhaps too sensitively, from blazoning forth their own praises.

To be more specific, we would urge the suffering ones, to whom we are addressing ourselves, to come to New Gräfenberg for the following, among other reasons:

1. The skill of the physicians. It would be out of place to illustrate a skill which ap-

pears to us truly wonderful, by details of cures effected under such hopeless circumstances as have elicited our highest admiration, and earned our most devoted gratitude. But we hold ourselves prepared to communicate, either by letter or otherwise, and to furnish facts, the knowledge of which ought to satisfy the most incredulous, that we do not without ample warrant thus strongly express ourselves.

2. The attention paid to patients. The medical staff consists of Dr. Holland and Dr. Thomas. Patients are individually seen, examined, and prescribed for at least once a day, and in critical cases are cheerfully waited upon at all necessary hours, whether by day or night. The close attention thus bestowed upon them, and the skill which they are made to feel is brought to bear upon their cases, inspire a hope and confidence that not only beguile the tedium of convalescence, but do much to aid in the restoration of health.

3. There are no drugs of any kind used in this Establishment.

4. The water is soft, abundant, and of excellent quality.

5. The Electro-Chemical baths are administered in all cases to which they are adapted, and without any extra charge.

6. The bed-rooms, bath-rooms, and parlors combine in a high degree neatness, comfort, and convenience.

7. In the dietary arrangement there is ample variety of the most wholesome and nutritious food, chiefly, without being exclusively, vegetarian, of which the physicians partake in common with their patients—any preferences that may at any time be found necessary being in favor of the latter. The charges are moderate, and, indeed, the whole aspect of the place is suggestive of the idea—not so much that it is a money-making establishment, as a place to get well in.

8. Pleasantly located, about five miles southeast of Utica, at an elevation of 1,000 feet above the level of the Mohawk, and commanding views of the city, with a varied landscape, stretching away to a distance of 40 miles, the situation is at once eminently beautiful and salubrious.

For these and other reasons we say, in conclusion, to our sick and suffering brothers and sisters who may be, as we once were, anxiously inquiring, "Is there no balm in Gilead?" Come to New Gräfenberg; come without delay, that ye may obtain the help ye need, and that, if it yet be possible, ye may, in your ultimate restoration to health, regain a LOST PEARL OF VERY GREAT PRICE INDEED.

MRS. LEWIS LAWRENCE, Utica, N. Y.

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* DAVID CAMPBELL, Jr., Watertown, Wis.

* ROBERT S. MITCHELL, Topeka, Kansas.

J. P. BRIGGS, Plank Road, Michigan.

JAMES M. DODGE, Concord, Michigan.

N. B.—Readers of the JOURNAL will please keep this copy for future reference.

CLEVELAND WATER-CURE.

ANNOUNCEMENT FOR 1858.—The above Establishment is now commencing its Eleventh Season. It has been in successful operation for the past ten years; has treated over Four Thousand Patients, who have flocked hither from nearly every State in the Union. It is now the oldest Establishment in America, having been under the charge of one Physician longer than any other Institution of the kind.

The Proprietor intends, as his Establishment was the great pioneer of the new treatment in the West, that it shall continue to be—what it ever has been—PRE-EMINENTLY the Water-Cure of the West.

Large expenditures have recently been made, without and within, in enlarging, beautifying, and improving.

We still continue to use the Electro-Chemical Bath in cases where it can be applied appropriately; and our experience fully justifies previous anticipations, that in the cure of very many diseases it is an invaluable aid, and in many others it is impossible, with our present knowledge, to effect a cure without it.

Determined to spare no expense in keeping up the high reputation which the Establishment has always sustained, the Proprietor has made still another addition to his means of cure. He has enlarged and perfected his Gymnasium, and secured the services of Prof. C. S. DICKINSON, who has had an experience of fifteen years as a teacher of Gymnastics and Kinesipathy. He will give his personal attention to this department. Patients of the most feeble, as well as those of stronger powers, can reap the invaluable additional benefit resulting from this treatment.

In the Female Department, FINETTE E. SCOTT, M.D., still continues at her post. Of her ability and success it is only necessary to say, to those who are unacquainted, that they will be most cheerfully referred to those who are. The large experience we have had in the treatment of the diseases peculiar to females, and the marked success which has attended our efforts, induce us to believe that they can here be treated with a success and rapidity of cure surpassed by none.

We have made a discovery, the past year, which we are applying to that large family of scrofulous diseases; and from present statistics, we think it is destined to effect a wonderful change in the successful treatment of that class of diseases.

To the sick and afflicted who are seeking health, and who wish to try what art and skill, surrounded by all needful facilities and the most careful attention can do, to give again the blessing of health—we kindly invite them to give us a trial.

T. T. SEELYE, M.D., Proprietor.

PITTSBURG WATER-CURE.

This Institution is located on the Ohio River and Pittsburg, Fort Wayne and Chicago Railroad, ten miles west of the city, at Haysville Station, and combines superior advantages.

1. It is supplied with abundance of pure, soft spring water. This should be kept in mind by invalids, as it is of the utmost importance in the treatment of many cases, that the water should be soft.

2. Convenience of access. We are directly on the line, and near a station, of one of the longest railroads in the United States, extending from Philadelphia to Chicago, and connecting in its course with railroads to all parts of the country. Patients come to us from Maine, from Canada, from New York, from Pennsylvania, from Ohio, from Iowa, from Tennessee, from Kentucky, from Missouri, from Virginia, and from nearly every State in the Union.

3. Scenery. The scenery here is truly grand, varied, and enlivening. Though within fifteen minutes' ride (a city containing 125,000 inhabitants, we are in the country, and surrounded by hundreds of acres of native forest. In the rear of the Cure are lofty hills, deep ravines, huge rocks, majestic forest trees, and shaded walks. In front are the Ohio River, with its ever-shifting variety of objects, to gladden the eye and satisfy the mind; and the railroad stretching its long arms in either direction, and carrying its thousands of passengers in view of our door, adding life and animation to the scene. Ours is no out-of-the-way place, where patients may die of ennui. Though we are in the country, and in the enjoyment of its pure air, and shaded forests, and fine scenery, we are also in easy reach of the city, with its life, and social and intellectual enjoyments.

4. Climate. Our climate is remarkably healthy; and to its invigorating influence we give a due proportion of credit for the many remarkable cures we are enabled to perform.

Of the Physicians we have only to say, that seven years' experience in conducting Water-Cure Establishments, and the successful treatment of hundreds of cases of almost every variety of disease, justify us in appealing to the confidence of the sick.

To females suffering with diseases peculiar to themselves we commend the Pittsburg Water-Cure. Our success in this class of complaints has been truly gratifying; and if we had occasion to bless the Water-Cure for nothing else, we could but yield it our grateful homage for its healing power over these diseases.

We have the Electro-Chemical Baths.

For further particulars, address H. FREASE, M.D., or Mrs. C. P. FREASE, M.D., Box 1804, Pittsburg, Penn.

BRATTLEBORO', VERMONT.

LAWRENCE WATER-CURE.—Brattleboro' is the location of the oldest and most successful establishment in the country, having had, in the last ten years, over four thousand patients, over two thirds of which have left cured, by the treatment. The water, air, and rides are unsurpassed by any other location in the United States. Dr. C. W. GRAW, who has charge of the Medical Department, can refer to the many hundred patients he has cured while in charge of the Institute. By sending to us for a circular, all necessary information will be found therein. The fall and winter is the most successful time for treatment. Our terms to suit the times and the patients' means.

JOSEPH DAVISON, Proprietor.
DR. C. W. GRAW, M.D., Resident Physician. 81

MOUNT PROSPECT WATER-CURE.

BINGHAMTON, N. Y.—This establishment is so situated and arranged as to present unusual facilities for comfort and improvement in health during the winter months. For Circular, address

J. H. NORTH, M.D., or MARTHA FRENCH, M.D.

NEW ELECTRO-GALVANIC BATTERY.

celebrated for the curing of nervousness, neuralgia, rheumatism, and similar diseases, with instructions in its philosophy and modes of application. Price \$10. Address, FOWLER AND WELLS, 308 Broadway, New York.

NOTICE TO HEALTH REFORMERS.

The address of M. W. SIMMONS, Corresponding Secretary of the AMERICAN TRACT SOCIETY for the Diffusion of Knowledge on the subject of Health, is Dansville, Livingston Co., N. Y. He will be glad to hear from any willing to co-operate with such an association. 11

THE LETTER-BOX. AN EARNEST

Monthly Health Journal, edited by Dr. HARRIET N. AUSTIN, assisted by Dr. JAMES O. JACKSON. Terms, \$1 a year; three copies, \$2; six copies, \$3. Specimens free. Please address SIMMONS & MEKEEL, Publishers, Dansville, Livingston Co., N. Y.

THE PHYSIOLOGY OF MARRIAGE.

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OUR HOME, DANSVILLE, LIV-

INGSTON Co., N. Y.—JOHN A. CHESNUT, ESQ., BANKER AT CARLEVILLE, ILL.: My dear friend, will you pardon me for answering your letter, making inquiry as to our new Home, by this public method? Since notice of our removal has appeared in the WATER-CURE JOURNAL and in the *Letter Box*, like inquiries to your own have come to us in such profusion that it is utterly impossible to answer them privately. I venture, through you, to answer our friend; all the country, over at once. I reply, then, that we are greatly pleased with our removal.

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7. We have fine air and short winters, early spring, and a very fruitful country; have a good lively soil within 20 rods of the Cure, and fine roads to drive as one could wish.

8. The Proprietors are fitted up the Cure in first-class order, so that the sick will have every substantial comfort.

These are our outside material conditions. Our inside life is—

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There are in our country two classes of persons who are sick, toward whom my attention has been specially drawn, and in treating of whom, by Water-Cure, I have had excellent success. There are persons suffering from debility of the REPRODUCTIVE SYSTEM. In our sex the ailment is known under the common name of "CONSTITUTIONAL WEAKNESS." Its effects are seen in our young men chiefly, and to-day by its silent, hidden, yet mighty force, digs more graves for our youth than all other morbid causes put together. It saps their strength, destroys their ambition, robs their memory, palsies their courage, produces abnormal social habits, and along with its attendant—dyspepsia, torpor of liver, passive congestion of brain, feeble external circulation, sleep marked by restlessness and unpleasant dreams, makes the subjects greatly despondent, and objects of intense solicitude to their friends.

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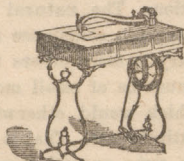
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WATCHES!! APPLETON, TRACY & CO., Manufacturers, Waltham, Mass. ROBBINS & APPLETON, General Agents, 15 Maiden Lane, New York.

These Watches are pronounced by the highest authorities to be faultless in principle and quality, and to take the foremost place as uniformly reliable time-keepers.

The movements are simple, tasteful, and substantial, and are mainly produced by the aid of a system of machinery of the most exacting nicety, from crude materials in a single establishment by connected and uniform processes, and are sold at about half the prices of imported watches of a similar grade.

ALL FOREIGN WATCHES ARE MADE BY HAND AT DIFFERENT TIMES AND PLACES, the American watches being the only ones made by machinery upon a uniform system.

Each watch is examined and tested, and is warranted by certificate for ten years. They are especially adapted for railroads, as they are not affected by the constant jar of the trains.

There is no article of common use so little understood, and about which so much charlatanism and swindling may be and is continually practiced, as attaches to imported watches.

Nearly all hand-made watches are defective, and are continually getting out of order. In many parts of the country it is impossible to find good watch-repairers, and watch-repairing is always uncertain and expensive. The introduction of American watches disposes of this difficulty, and COUNTRY MERCHANTS, as well as watch-dealers, can keep watches as a part of their miscellaneous stock, and thus supply their customers with a New Sample.

Liberal credit will be given to trustworthy dealers in all parts of the United States and Canada.

Philadelphia—JNO. A. STODDART, 33 South Third St. Boston—Office, 163 Washington Street, and sold by the trade generally.

EMPLOYMENT.—YOUNG MEN, IN

every neighborhood, may have healthful, pleasant, and profitable employment, by engaging in the sale of our New and Valuable Books, and canvassing for our POPULAR FAMILY JOURNALS. For terms and particulars, address, post-paid,

FWLER AND WELLS, 308 Broadway, New York.

HINTS TO REFORMERS.

THERE are many circumstances calculated to impede the onward march of the cause of Health Reform, among the greatest of which is the fact, that some of its pretended teachers and lecturers, as they go about among the people, preaching the truths of our system, indulge in all manner of unphysiological habits themselves. A great cause of the lack of confidence among the people in our diet is the fact, that our lecturers, in many places, will preach long and loud of the importance of strict vegetarian diet, then go to the hotel and feast upon beef-steak, oysters, pickles, and every other abomination. The natural conclusion is, that if they have not confidence enough in the doctrines they try to teach others to practice the same, that it must be of small moment, and the good effects which would otherwise result are almost if not entirely lost. That is not all. When other lecturers come around they are received with distrust, and must reap the fruits of the disgraceful conduct of the first. Such friends are worse than open enemies, and a disgrace to the cause they advocate. The excuse they make is, that when traveling it is impossible to obtain physiological diet. This is *too* true, and a fact much to the disadvantage of the lecturer; but is it a reason why we should eat the worst kind we can procure, or everything set before us? There is generally one kind of food, at least, upon the table not so objectionable, and we had better eat that, and nothing else, than to destroy the good effects which might result from EXCELLENT precepts, with a *worthy example*.

"Consistency, thou art a jewel."

JULIE H. STILLMAN, M.D.

DE WITT, IOWA, September 10th.

TO SICK WOMEN.

AFFLICTED SISTERS—You are sick, and have been for months, years, and some of you your whole lives. With weary feet and aching heart, your days and weeks have passed away as you have sighed for health.

Life has almost seemed a burden to you. You have felt that you would be willing to do all that lay in your power if the boon of health could be conferred upon you. I know by sad experience all about your feelings, and can sympathize with you in your afflictions. I have been sick for days, months, and years; then by resorting to nature's hygienic remedies, I was restored to health better than I ever enjoyed before in my life.

One of my lady patients that returned to her home a short time since, who has been sick fourteen years, and came to the Cure as a last resort, remarked to me that she would be willing to work by the day for her living if she could only enjoy good health. She is wealthy, and knows no wish ungratified that money can purchase. I told her that she could regain her health, and in a few months become a well woman. When she discovered that she was improving from day to day, new life seemed to take possession of her mind, and bright prospects of the future gladdened her heart.

Cheer up, ye sick and drooping! there is a panacea for your ills; it is not to be found in poisonous drugs, but in heaven's pure air, the

soft, refreshing water that issues bubbling from the hill-sides, appropriate exercise, and proper diet. Then cheer up, ye disconsolate ones! and be assured there is a balm in Gilead, and there are true physicians.

Mrs. S. M. ESTEE.

PETERSBURG WATER-CURE.

MATRIMONIAL ADVERTISING.

I HAVE been an occasional reader of the WATER-CURE JOURNAL during several years past, and I am much interested in the cause that you advocate. Besides your disquisitions on Water-Cure, your efforts for moral and social reform have interested me as much as anything. At home is where moral and social reform must commence. The domestic circle is more powerful than the church or the school. If our homes are not right, our churches and schools will in many instances be failures. For our homes to be right, those in the marriage relation must be adapted to each other and to the station that they occupy. Those entering that relation must make their choice on rational principles, and not from the blind impulse of the tender passion, as it is often done. But to you these are only commonplace ideas.

I wish to direct attention to the matrimonial department of your journal. When I first became acquainted with this, I was so well pleased with it that I was on the point of publishing an advertisement to your ready readers; but just then one appeared that made such an artless statement of sincerity, and of just what I wished, that I answered it. It was that of "Arabel," No. 33. See WATER-CURE JOURNAL for October, 1854. With her I had a very interesting correspondence, and after several letters had passed between us, I traveled over six hundred miles to see her, and in ten days after I first saw her we were married; and she proved to be just such a wife as I had always wished to obtain.

I will now say from my experience that this plan of finding life-partners will work like a charm for those who can carry it through. Popular prejudice is against it; but it is popular to ridicule all of the schemes by which matrimonial alliances are accomplished, even when they are prompted by the best of motives. A person who wishes to marry is considered a ridiculous object. What folly! As society is, we must have a remedy. Those who view the subject rationally, will sympathize with each other. Congenial companions need some means of discovering themselves to each other. Your plan of advertising is just the thing. It will be said that persons seeking husbands or wives in this manner may be sadly victimized by impostors; so they often are when matches are made up by feats of gallantry. But there is a way of knowing the real character—a way to detect rascals, and to prove honest persons. Study yourself; study human character; study Phrenology. Be honest in courtship. Consider everything that will have a bearing on your relation to each other when married; then if you see the prospect clear, proceed; if you do not, stop before you are engaged.

To those who are pining in celibacy, and those who are at their wits' end to know how and where to find partners with whom they can be "equally yoked," your admirable plan, aided by their tact and ingenuity, will render invaluable assistance. Moral, religious, educational, and agricultural periodicals might with much propriety open similar departments, and thus render an important service in making happy matches.

NORTH VERNON, JENNINGS CO., IND. G. D. HUNT.

